THE Accompliſht Ladys Delight.

In Preſerving, Phyſick, Beautifying *and* Cookery.

BRITISH MUSEUM

H P T. The Accompliſh'd

LADY'S DELIGHT

In Preſerving, Phyſick, Beautifying, and Cookery.

CONTAINING,

I. The ART of PRESERVING, and CANDYING Fruits and Flowers, and the making of all ſorts of Conſerves, Syrups, and Jellies.

II. The PHYSICAL CABINET, Or, Excellent Receipts in Phyſick and Chirurgery; Together with ſome Rare Beautifying waters, to adorn and add Loveliness to the Face and Body: And alſo ſome New and Excellent Secrets and Experiments in the ART of *ANGLING.*

III. The COMPLEAT COOKS GUIDE Or, directions for dreſſing all ſorts of Fleſh, Fowl, and Fiſh, both in the *Engliſh* and *French* Mode, with all Sauces and Sallets; and the making Pyes, Paſties, Tarts, and Cuſtards, with the Forms and Shapes of many of them.

The Second Edition Enlarged.

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Licenſed

Rog. L'ſtrange.

To the Ladies and Gentlewomen.

Ladies,

THough there have been many Books Extant of this kind, yet I think ſomething hath been deficient in them all; I have therefore adventured to make another, which I ſuppoſe comprehends all the Accompliſhments neceſſary for Ladies, in things of this Nature. For you have here

1. The Art of Preſerving and Candying all Fruits and Flowers, as alſo of making Conſerves, both wet and dry, and alſo the preparing of all ſorts of Syrups, Jellies, and Pickles.

2. Here are ſome Excellent Receipts in Phyſick and Chirurgery for Curing moſt Diſeaſes incident to the Body. Together with ſome Rare Beautifying Waters, Oyls, Oyntments, and Powders, for Adornment of the Face and Body, and to cleanſe it from all Deformities

that may render Perſons Unlovely; there are alſo added ſome Choiſe Secrets and Experiments in the Art of Angling; a Recreation which many Ladies delight in, and is not therefore thought altogether improper in a Book of this Nature.

Laſtly, You have here a Guide to all manner of Cookery, both in the Engliſh *and* French *Mode, with the preparing all kind of Sallets and Sauces proper thereunto.*

Together with Directions for making all ſorts of Pies, Paſties, Tarts, and Cuſtards, with the Forms and Shapes of many of them to help your Practice, with Bills of Fare upon all Occaſions. So that in the whole, I hope it may deſerve the Title of the Accompliſh'd Ladies Delight, *and may acquire Acceptance at you fair hands, whereby you will very much encourage and Oblige, Ladies,*

Your very Humble Servant,
and Admirer, *T. P.*

THE

The Art of Preſerving, and Candying Fruits and Flowers, as alſo of making all ſorts of Conſerves, Syrups, and Jellies.

1. *To make Quince Cakes.*

BAke your Quinces in an Oven with ſome of their own juyce, their Coars being cut and bruiſed and put to them, then weigh ſome of this juyce with ſome of the Quince, being cut into ſmall Pieces, taking their weight in Sugar, and with the Quince ſome quantityof the juyce of Barberies, then take the cleareſt Syrup and let it ſtand on the Coals two or three hours, and let them boyl a little on the fire, then Candy the reſt of the Sugar very hard, and ſo put them together, ſtiring it while it is almoſt cold, and ſo put it into Glaſſes.

2. *To make Conſerve of Barberries.*

When the ſtalks are pickt off, boyl them in fair water till they ſwell and be very ſoft, then bruiſe them in a Morter, then

ſtrain them, and boyl them again by themſelves, then take for every pound of them two pound of Sugar, and boyl them together but not too long, for then it will Rope.

3. *To make Conſerve of Roſes.*

Take of the buds of red Roſes, and ſlip away the white ends, and then ſlip the reſt of the Roſes as ſmall as you can, and beat them fine in a Marble Morter; and put to every pound of Roſes, three pound and a half of Sugar, then put it up in a Gally-pot and ſet it in the Sun for a Fortnight.

4. *To make Cinnamon Water.*

Take a quart of White-wine, a quart of Roſewater, a Pint of Muſcadine, Half a pound of Cinnamon bruiſed, lay the Cinnamon to ſteep in the Wine twelve hours, ſtiring them now and then, afterward put them into an Alerubick and ſtill them with a gentle fire, and you may draw off from it three pints: But if you will not have it ſtrong, inſtead of Muſcadine put in ſo much Roſe-water or White-wine.

5. *To preſerve Quinces white.*

Take to every pound of Quince, a pound and a quarter of Sugar, clarifie this Sugar with the white of an Egg, coar your Quinces, but not too much, then put this Sugar, and Water, and Quince, being raw, together, and ſo make them boyl ſo faſt that you can ſee no Quince, but forget not to turn them, and take off what ſcum you can, keep them boyling thus faſt till you think they are enough.

6. *To Preſerve Raſpices.*

Take of the faireſt and well coloured Raſpices, and pick off their ſtalks very clean, then waſh them, but be ſure not to bruiſe them; then weigh them, and to every pound of Raſpices, put ſix ounces of hard Sugar, and ſix ounces of Sugar-Candy, and clarifie it with half a pint of fair water, and four ounces of juice of Raſpices being clarified: boyl it to a weak Syrup, and then put in your Raſpices ſtiring them up and down, and ſo let them boyl till they are enough, and you may keep them all the year.

7. *To make Mackroons.*

Take Almonds, blanch them, and beat them in a Morter, with ſerced Sugar mingled therewith, with the white of an Egg and Roſe-water, then beat them altogether till they are as thick as Fritters, then drop it upon your Wafers, and bake it.

8. *To preſerve Cherries.*

Take ſome of the worſt Cherries and boyl them in fair Water, and when the Liquor is well coloured ſtrain it, then take ſome of the beſt Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the preſerving Pan; then pour a little of the liquor of the worſt Cherries into it, boyl your Cherries till they be well coloured, then take them up, and boyl the Syrup till it will button on the ſide of the diſh, and when they are cold, put them up in a Glaſs covered cloſe with Paper until you uſe them.

9. *To make Conſerve of Oranges and Lemmons, or Pippins.*

Boil any of theſe Fruits, as you would do to make paſt thereof, and when it is ready to faſhion upon the Pye plate, then put it into

into your Gally pots, and never dry it; and this is all the difference betwixt Conſerve and Paſte, and this ſerves for all hard Fruits, as Pippins, Oranges and Lemmons.

10. *To make Symbals.*

Take fine Flower dry'd, and as much Sugar as Flower, then take as much whites of Eggs as will make it Paſte; put in a little Roſe-water, with a quantity of Coriander ſeed and Anniſeed, then mould it up in the Faſhion you will bake it in.

11. *To make Syrup of Clove-gilli-flowers.*

Take a pound of Clove-gilli-flowers, the whites being cut off, infuſe them a whole night in a quart of fair Water, then with four pound of Sugar diſſolved in it, make it into a Syrup without boiling.

12. *To make Syrup of Violets.*

Take of Violet flowers freſh and pickt, a Pound, clear water boyling one quart, ſhut them up cloſe together in a new glazed pot a whole day, then preſs them hard out, and in two pound of the Liquor diſſolve four pound and three ounces of white Sugar, take away the ſcum, and ſo make it into a Syrup without boiling.

13. *To make Marmelade of Quinces.*

Take a pottle of water, and four pound of Sugar, and let them boil together, and when they boil, ſcum them as clean as you can, then take the whites of two or three Eggs and beat them to Froath, put the froath into the pan to make the ſcum riſe, then ſcum it as clean as you can; take off the Kettle and put in the Quinces, and let them boil a good while and ſtir them, and when they are boiled enough put them into boxes.

14. *To make Hippocras.*

Take a Gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruiſed, Grains, Galingal, Cloves not bruiſed, of each two pennyworth, bruiſe every kind of Spice a little, and put them altogether into an earthen pot for a day, then caſt them through your bags two or three times, as you ſee cauſe and ſo drink it.

15. *To make Almond Butter.*

Take your Almonds and blaunch them and beat them in a Morter very ſmall, and in beating put in a little water, and when they

they are beaten pour in water into two pots, and put half into one, and half into another, put Sugar to them and ſtir them, and let them boil a good while; then ſtrain it through a ſtrainer with Roſe-water, and ſo diſh it up.

16. *To preſerve Quinces Red.*

Pare your Quinces, and coar them; then take as much Sugar as they weigh, putting to every pound of Sugar one quart of water, boil your Quinces therein very leaſurely being cloſe covered, turn them to keep them from ſpoting; and when they are ſo tender that you may prick a hole through them with a ruſh, and that they are well coloured, then boil the Syrup till it will button on a diſh, and ſo put your Syrup and them together.

17. *To Pickle Cucumbers.*

Waſh your Cucumbers clean, and dry them in a cloth, then take ſome Water, Vinegar, Salt, Fennel-tops, and ſome Dill-tops, and a little Mace, make it faſt enough and ſharp enough to the taſte, then boil it a while, and then take it off, and let it ſtand till it is cold, then put in the Cucumbers, and lay a board on the top to keep them down,

down, and tye them up cloſe, and within a Week they will be fit to eat.

18. *To Candy Pears, Plumbs, and Apricocks to look as clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the ſtone in the notch, then caſt Sugar on them and bake them in an Oven as hot as for Maunchet cloſe ſtopt, bake them in an earthen Platter and let them ſtand half an hour, then take them out of the diſh, and lay them one by one upon glaſs Plates, and ſo dry them; if you can get glaſſes made like Marmalet boxes to lay over them, they will be the ſooner Candyed. In this manner you may candy any other Fruit.

19. *To Preſerve Oranges.*

Take a pound of Oranges, and a Pound of Sugar, peel the outward rind, and inward white skin off, then take juice of Oranges and put them into the juice, boil them half an hour and take them off.

20. *To make Oyl of Violets.*

Set the Violets in Sallad Oyl, and ſtrain them, then put in other freſh Violets, and let them lye twenty days, then ſtrain them again

again and put in other fresh Violets, and let them stand all the year.

21. *To make Cream of Quinces.*

Take a roasted Quince, pare it and cut it into thin slices to the coar, boil it in a pint of Cream with a little whole Ginger, till it tast of the Quinces to your liking, then put in a little Sugar and strain it, and always serve it cold to the Table.

22. *To make a March-Pan.*

Steep two pound of picked Almonds one day and two nights in fair water, and blanch them out of it, then beat them well in a Morter, and bedew them with Rose-water, put to your Almonds so many pound of Sugar; and beat your Sugar with your Almonds, then make very fine crust either of paste or wafer, and sprinkle it with Rose-water and Sugar; then spread the stuff on it, and bake it at a very soft fire, always bedewing it with Damask-water, Civet, and Sugar; and lastly with a gut of Dates guilt, or long Comfits guilt, or with Cinamon-sticks guilt, or the kernels of the Pine-apple, and so set it forth.

23. *To*

23. *To make Almond Milk.*

Boyl French Barley, and as you boyl it, caſt away the water wherein it was boil'd, till you ſee the water leave to change colour; as you put in more freſh water, then put in a bundle of Straw-berry leaves, and as much Cullumbine leaves, and boyl it a good while, then put in beaten Almonds and ſtrain them, and then ſeaſon it with Sugar and Roſemary, then ſtrew ſome Sugar about the diſh, and ſend it to the Table.

24. *To Preſerve Apricocks, or Pear-plumbs when they are green.*

You may take any of theſe fruits and ſcald them in water and peel them, and ſcrape the ſpungy ſubſtance of the Apricocks or Quinces, ſo boil them very tender, taking their weight in Sugar, and as much water as to cover them, and boil them very leaſurely; then take them up and boil the Syrup till it be thick, and when they are cold put them up with your Syrup into your preſerving Glaſſes.

25. *To Pickle French Beans.*

You muſt take your beans and ſtring them, boil them tender; then take them off, and let them ſtand till they are cold, put them into the pickle of Beer Vinegar, Peper and Salt, Cloves and Mace, with a little Ginger.

To make an Excellent Jelly.

Take three Gallons of fair water, and boil in it a knuckle of Veal, and two Calves feet ſlit in two, with all the fat clean taken from between the Claws, ſo let them boil to a very tender Jelly keeping it clean ſcum'd, and the edges of the pot always wiped with a clean Cloath, that none of the ſcum may boil in, ſtrain it from the meat, and let it ſtand all night, and the next morning take away the top and the bottom, and take to a quart of this Jelly, half a pint of Sherry Sack, half an ounce of Cinnamon, and as much Sugar as will ſeaſon it, ſix whites of Eggs very well beaten, mingle all theſe together, then boil it half an hour, and let it run through your Jelly bag.

27. *To make Aqua Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, of each one dram; juyce of Celandine half a Pound, Spirit of Wine one pint, White-wine three pints, infuſe them twenty four hours, and draw off a quart with an Alembick.

28. Dr. *Stevens Water.*

Take of Cinnamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradice, ſeeds of Annis, Fennel, Carraways, of each one dram; herbs of Time, Mother of Time, Mints, Sage, Penny-royal, Pellitory of the Wall, Roſemary, Flowers of Red Roſes, Camomile, Origanum, Lavender, of each one handful, infuſe them twelve hours in twelve pints of Gaſcoign wine, then with an Alembick draw three pints of ſtrong water from it.

29. *To make good Cherry Wine.*

Take the Syrup of Cherries, and when it hath ſtood a while bottle it up, and tye down the Cork, and in a ſhort time it will be very good pleaſant Wine.

30. *To make Wafers.*

Take a pint of flower, a little cream, the yolks of two Eggs, a little Roſe-water, with

with ſome ſearced Cinamon and Sugar, work them together, and bake them upon hot Irons.

31. *To preſerve Grapes.*

Stamp and ſtrain them, let it ſettle a while, before you wet a pound of Sugar or Grapes with the juyce, ſtone the Grapes, ſave the liquor, in the ſtoning take off the ſtalks, give them a boiling, take them off and put them up

32. *To Pickle Purſlain.*

Take the Purſlain and pick it into little pieces, and put it into a Pot or Barrel, then take a little water, Vinegar and Salt to your taſt, it muſt be pretty ſtrong of the Vinegar and Salt, and a little Mace, and boil all theſe together, and pour this liquor boiling hot into the Purſlain, and when it is cold tye it cloſe, but lay a little board on the top to keep it down, and within a week or two it is fit to eat.

33. *To Preſerve green Walnuts.*

Boil your Walnuts till the water taſt bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more

more water then will wet the Sugar, ſet them on the fire, and when they boil up take them off, and let them ſtand two days, and then boil them again once more.

34. *To Reſerve Currants.*

Part them in the tops, and lay a laying of Currants, and a laying of Sugar, and ſo boil them as faſt as you do Rasberries, do not put them in the ſpoon but ſcum them, boil them till the Syrup be pretty thick; then take them off, and let them ſtand till they be cold, and put them in a glaſs.

35. *To make Gooſe-berry Cakes.*

Pick as many Gooſe-berries as you pleaſe, and put them into an earthen Pitcher, and ſet it in a kettle of water till they be ſoft and then put them into a ſieve, and let them ſtand till all the juyce be out, and weigh the juyce, and as much Sugar as Syrup, firſt boyl the Sugar to a Candy, and take it off, and put in the juyce, and ſet them in the Preſs till they be dry, then they are ready.

36. *An excellent Broath.*

Take a Chicken and ſet it on the fire, and when it boils ſcum it, then put in a Mace, and a very little Oatmeal, and ſuch hearbs as the

the party requires, and boil it well down, and bruiſe the Chicken and put it in again and it is good broath: and to alter it you may put in ſix Prunes, and leave out the herbs or put them in as you pleaſe, and when it is well boyled, ſtrain it and ſeaſon it.

37. *To make Angellets.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a ſpoon, and put it into the Vate ſoftly, and let it ſtand two days till it be pretty ſtiff; then ſlip it out and ſalt it a little at both ends, and when you think it is ſalt enough ſet it a drying and wipe them, and within a quarter of a year they will be ready to eat.

38. *To make Jelly of Harts-horn.*

Take four ounces of the ſhavings of Harts-horn of the inſide, and two Ale-quarts of water, put this in a pipkin and boil it very gently till it come to a quart, the Harts-horn muſt be ſteeped 3 or 4 hours firſt, afterwards put a little into a Saucer till it be cold, and if it be cold, and Jellieth it is boiled enough; then being warm take it off the fire, and ſtrain it hard through a cloath

cloath, and ſet it a cooling till it be a hard Jelly, then take two whites of eggs, and beat them very well or with a ſprigg of Roſemary or birch, (but not with a ſpoon) till a water come in the bottom, then put theſe beaten Eggs, and the water thereof into a Skillet and all the Jelly upon it with three ſpoonfuls of damask Roſe-water, and a quarter of a pound of Sugar, and when it boils, ſtir and lay it pretty well, then ſtrain it through a cloath and let it cool, and of this take four ſpoonfuls in the morning faſting, and four a clock in the Afternoon, and this is excellent good for the weakneſs of the back.

40. *To Preſerve Damſons Red, or Black Plumbs.*

Take their weight in Sugar and water enough to make a Syrup to cover them, ſo boil them a little therein being cloſe covered turning them for ſpoting, let them ſtand all night in their own Syrup, then ſet them upon a Pot of ſeething water and ſuffer your Plumbs to boil no faſter then the water under them, and when they are both ſweet & tender take them up, and boil the Syrup again till they be thick, then put up your Plumbs and it together in your preſerving Gloſſes.

41. *To*

41. *To make Roſemary Water.*

Take the Roſemary and the flowers in the midſt of *May* before the Sun riſe, ſtrip the leaves and flowers from the ſtalks, then take 4 or 5 Elecampane Roots, and a handful or two of Sage, then beat the Roſemary, ſage and roots together, till they be very ſmall, then take three ounces of Cloves and as much Mace, and half a pound of Anniſeeds, and beat theſe ſpices every one by themſelves, then take the Herbs and the ſpices and put thereto 4 or 5 gallons of good White-wine, then put in all theſe herbs, ſpices and Wine into an earthen Pot, and put the pot into the ground about ſixteen days, then take it up and diſtil it with a very ſoft fire.

43. *To make Pomatum.*

Take freſh Hogs ſuet cleanſed from the films and waſht in White-wine one pound, and as much ſheeps Suet waſht in White-wine, then take about ſixteen Pomwater Apples cleanſed and boiled in Roſe-water; add to theſe Roſe-wood, Saſſafras, Roots of *Orrice*. *Florentine* of each ſix drams, of *Benzoin*, *Storax*, *Calamita*, half an ounce of each, and ſo make it into an Oyntment.

44. *To*

44. *To make Oyl of Sweet Almonds.*

Take dryed ſweet Almonds as many as you pleaſe, beat them very ſmall and put them into a rough hempen cloth, and without fire by degrees preſs out the Oyl.

45. *An Excellent Water againſt fits of the Mother.*

Take Briony-roots, Elder-berries ripe, and dreſt at a gentle heat in a Furnace, and cleans'd from their ſtalks, of each two ounces; leaves of Mugwort, Dittany, Featherfew, Nep, Baſil, Penny-royal, Rue, Sabine, all dryed in the Sun, of each half an ounce, peels of Oranges the out-ſide dry'd, an ounce and a half, Myrrh, Caſtoreum, of each three drams, Saffron one dram, powder them and ſteep them eight days in two quarts of the Spirit of Wine; then ſtrain through a very quick hair ſtrainer, keep the ſtrained liquor in a glaſs very well ſtopt.

46. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roſes two ounces, Indian ſpike three drams; old rich White-wine and juice of Quinces

of

of each two pints and a half bruiſe them in an earthen Veſſel twenty four hours, then boil them till half be waſted, ſtrain it, and put to the ſtraining two pounds of Sugar, and boyl it to a Syrup.

47. *To make conſerve of Quinces.*

Take three quarters of the juyce of Quinſes clarified, boil it until two parts be waſted then put to it two pounds of white Sugar, then boil them to the thickneſs of Honey.

48. *To make Syrup of Poppies.*

Take the heads and ſeeds of white Poppy and black, of each fifty drams, Venus hair fifteen, Licorice five drams, Jujubes thirty drams, Lettice ſeeds forty drams, and of the ſeeds of Mallows, and Quinces tied up in a fine rag, of each one dram and half; boil them in eight pints of water, until half be waſted, ſtrain it, and to every three pound of liquor put thereto Perrides and Sugar, of each one pound; boil them to a Syrup.

49. *To make honey of Roſes.*

Take of pure white honey diſpumed, freſh juice of red Roſes one pound, put them into a Skillet, and when they begin to

to boil; throw into them of freſh re Roſe leaves picked, four pounds, and bo them until the juice be waſted; alway ſtirring it, then ſtrain it and put it up i an Earthen pot,

50. *To make Syrup of Lemons.*

Take of the juice of Lemmons purifie by going through a Woolen ſtrainer with chruſhing, three quarts and an half, and of white Sugar five pound, boil them with a ſoft fire to a Syrup.

51. *To make Spirit of Wine.*

Take of good Claret, or White-wine, or Sack, enough to fill the Veſſel, wherein you make your diſtillation to a third part, then put on the Head furniſhed with the Noſe or Pipe, and ſo make your diſtillation firſt in aſhes, drawing about a third part from the whole; as for Example, ſix or eight Pints out of four and twenty, then ſtill it again in *B. M.* drawing another third part, which is two pints, ſo that the oftner you diſtil it, the leſs liquor you have, but the more ſtrong, ſome uſe to rectifie it ſeven times.

52. *To*

52. *To make Syrup of Maiden-hair.*

Take of the herb Maiden-hair, freſh gathered and cut a little, five ounces; of roots of Licoriſh ſcraped two ounces, ſteep them twenty four hours in a ſufficienr quantity of hot water, then boil them according to art; Add four pound of Sugar to five pints of the clarified liquor, and then boil them to a Syrup.

53. *To make Syrup of Licoriſh.*

Take of the Roots of Licoriſh ſcraped two ounces, of colts-foot four handfuls, of Maiden hair one ounce, of Hyſop half an ounce, infuſe them twenty four hours in a ſufficient quantity of water, then boyl them till one half be waſted, add to the ſtrained liquor, a pound of the beſt clarified honey, and as much white Sugar, boil them to a Syrup.

54. *To make the Kings perfume.*

Take ſix ſpoonfuls of Roſe-water, and as much Amber greaſe as weigheth two Barly Corns, and as much Civet, with as much Sugar as weigheth two pence beaten in fine powder: all theſe boiled together in a perfuming pan is an excellent perfume.

55. *The Queens perfume.*

Take four ſpoonfuls of ſpike water, and four ſpoonfuls of Damask water, thirty cloves, and eight bay-leaves, ſhred as much Sugar as weigheth two pence, all theſe boiled make a good perfume.

56. King Edwards *perfume to make your houſe ſmell like Roſemary.*

Take three ſpoonfuls of perfect Roſemary, and as much Sugar as half a Walnut beaten in ſmall powder, all theſe boiled together in a perfuming Pan upon hot Embers with a few Coals, is a very ſweet perfume.

57. *To make Conſerve of Roſemary.*

Take your flowers of Roſemary, which you may gather either in *March* or *September*, when you have beaten them to pap take three times their weight in Sugar, pound them altogether and ſet them in the Sun and ſo uſe them.

58. *To make Syrup of Cowſlips.*

Take the diſtilled water of Cowſlips, and put thereto your flowers of Cowſlips clean pickt, and the green knobs in the bot-

bottom cut off, and boil them up into a Syrup, take it in Almond Milk, or ſome other warm thing; it is good againſt the Palſie and Frenzy, and to procure ſleep to the ſick.

59. *To make Marmelade of Lemmons and Oranges.*

You may boil eight or nine Lemmons or Oringes, with four or five Pippins, and draw them through a ſtrainer; then take the weight of the pulp altogether in Sugar and boil it as you do Marmelade of Quinces and ſo box it up.

60. *To make Angelica water.*

Take a handful of *Carduus Benedictus* and dry it, then take three ounces of Angelica roots, one dram of Myrrh, half an ounce of Nutmegs, Cinnamon and Ginger four ounces of each, one dram and half of Saffron, of Cardoneus, Cubles, Galingal, and Pepper, of each a quarter of an ounce, two drams of Mace, one dram of grains, of Lignum Aloes, Spikenard, *Junius Oderatus*, of each a dram, Sage, Borage, Bugloſs, Violets, and Roſemary flowers, of each half a handful, bruiſe them and ſteep them in a pottle of Sack twelve hours, and diſtil it as the reſt.

61. *To make Quiddany of Cherries*

When your Cherries are fully ripe, and red to the ſtone, take them and pull out the ſtones, and boil your Cherries till they be all broken, then ſtrain them, and take the liquor ſtrained out, and boil it over again, and put as much Sugar to it as you think convenient, and when it is boyled that you think it is thick enough put it into your boxes.

62. *To dry Cherries.*

Take ſix pound of Cherries and ſtone them, then take a pound of Sugar and wet it with the juice of the Cherries, and boil it a little, then put in your Cherries and boil them till they are clear, let them lye in the Syrup a week then drain them from the Syrup, and lay them on thin boards, or ſheets of glaſs to dry in a ſtove, turn them twice a day, and when they are dry, waſh off the clamineſs with warm water, and dry them a little longer.

63. *To make brown Metheglin.*

Take ſtoong Ale-wort, and put as much Honey to it as will make it ſtrong enough to bear an Egg; boil them very well toge-

ther

ther, then ſet it a cooling, and when it is almoſt cold put in ſome Ale-yeaſt, then put it into a ſtrong Veſſel, and when it hath done working, put a bag of ſpices into the Veſſel and ſome Lemmon peel and ſtop it up cloſe, and in a few days it will be fit to drink, but the longer you keep it the better.

64. *To Candy Oranges or Lemons after they are preſerved.*

Take them out of the Syrup, and drain them well, then boil ſome Sugar to a candy height, and lay your Peels in the bottom of a ſeive and pour your hot Sugar over them, and then dry them in a ſtove, or warm oven.

65. *To preſerve Oranges after the Portugal faſhion.*

Open your Oranges at the end, and take out all the meat, then boil them in ſeveral waters, till a ſtraw may go through them, then take their weight and half in fine Sugar, and to every pound of Sugar a pint of water, boil it and ſcum it, then put in your Oranges and boil them a little more, then take them up, and fill them with preſerved Pippins, and boil them again till you think they are enough, but if you will have them jelly, make a new Syrup with the water wherein

wherein ſome ſliced Pippins have been boiled, and ſome fine Sugar, and that will be a ſtiff Jelly.

66. *To make good Uſquebath.*

Take two Gallons of good Aquavitæ four ounces of the beſt liquorice bruiſed, four ounces of Anniſeed bruiſed, put them into a Wooden, Glaſs, or Stone Veſſel, and cover them cloſe, and ſo let them ſtand a week, then draw off the cleareſt and Sweeteſt with Moloſſo's, and keep it in another Veſſel, and put in ſome Dates, and Raiſens ſtoned; keep it very cloſe from the Air.

67. *To make* Italian *Bisket.*

Take ſerced Sugar, and a little of the white of an Egg, with ſome Ambergreece and Musk, beat them all to paſt in an Alablaſter Morter, and mould it in a little Anniſeed finely duſted, then make it up in Loaves, and cut them about like Maunchet, then bake them in an Oven as hot as for Maunchet, and when they are riſen ſomewhat high upon the Plates take them forth and remove them not off the Plates till they be cold, for they will be very apt to break.

68. *To*

68. *To make* French *Bisket.*

Take half a peck of flower, with four Eggs, half a pint of Ale-yeaſt, one ounce and half of Anniſeed, a little ſweet cream, and a little cold water, make all into a Loaf, and faſhion it ſomething long, then cut it into thick ſlices like Toaſts, after it hath ſtood two days, and rub them over with powdred Sugar, and lay them in a warm Sun, and ſo dry them and Sugar them as you dry them three or four times, then put them into Boxes for uſe.

69. *To make Sugar Plate.*

Take ſerced Sugar, and make it up in paſt with Gum-dragon ſteeped in Roſe-water, and when you have brought it to a perfect paſt rowl it as thin as ere you can, and then print it in moulds of what faſhion you pleaſe, and ſo let them dry as they lie.

70. *To make Pomander.*

Take half an ounce of Benjamin, and as much Storax, and as much Lapdanum, with ſix grains of Muſk, and as much Civet, and two grains of Amber-greaſe, and one dram of ſweet balſom, beat all theſe together in a hot Morter, then roul it up in beads as big

or as little as you pleaſe, and whilſt they are hot make holes in them to ſerve for your uſe.

71. *To make Conſerve of Damſons.*

Take ripe Damſons and put them into ſcalding water, and half an hour after ſet them over the fire till they break; then ſtrain them through a Cullender, and let them cool therein, then ſtrain them (through a peice of Canvas) from their ſtones and skins, and then ſet them over the fire again, then put to them a good quantity of red Wine, and ſo boil it, often ſtiring it till it be thick, and when it is almoſt boiled enough, put in a convenient proportion of Sugar, and ſtir it very well together, and then put it into your gally-pots.

72. *To bake Oranges.*

Peel all the bark off, and boil them in Roſewater and Sugar till they are tender, then make your Pye, and ſet them whole in it, and put in the liquor they are boild in into the Pye, and ſeaſon it with Sugar, Cinamon and Ginger.

73. *To Preſerve Peaches.*

Take a pound of your faireſt and beſt coloured Peaches, and with a wet linnen cloth wipe off the white hoar of them, then parboil them in half a pint of White-wine and a pint and a half of running water, and being parboil'd peel of the white skin of them and then weigh them; take to your pound of Peaches three quarters of a pound of refined Sugar, and diſſolve it in a quarter of a pint of White-wine, and boil it almoſt to the height of a Syrup, then put in your Peaches and let them boil in the Syrup a quarter of an hour or more if need require, then put them up & keep them all the year.

74. *To Preſerve Gooſ-berries.*

Take Goosberries, or Grapes, or Barberries, and take ſomewhat more then their weight in Sugar beaten very fine, and ſo lay one laying of fruits, and another of Sugar, till all are laid in your preſerving pan, then take ſix ſpoonfuls of fair Water, and boil your Fruits therein as faſt as you can, until they be very clear, then take them up, and boil the Syryp by it ſelf, till it be thick, when they are cold put them into Gally-pots.

75. *To preſerve Pippins white.*

Pare your Pippins and cut them the croſs way, and weigh them, add to a Pound of Sugar a pint of water; then put the Sugar to the water and let it boil a while, and then put in your Pippins, and let them boil till they be clear at the core, then take them off and put them up.

76. *To preſerve Grapes.*

Stamp them and ſtrain them, and then let it ſettle a while, then wet a pound of Sugar or Grapes with the juice, ſtone the Grapes, ſave the liquor in the ſtoning, take off the ſtalks, give them a boiling, take them off, and put them up.

77. *To preſerve Angellica Roots.*

Waſh the Roots and ſlice them very thin, and lay them in water three or four days, change the water every day, then put the Roots into a pot of water, and ſet them in the embers all night, in the morning put away the water, then take a pound of Roots four pints of water, and two pound of Sugar, let it boil and ſcum it clean, then put in the Roots, which will be boiled before the Syrup, then take them up and boil the Syrup

rup after, they will ask a whole days work very ſoftly, at St. *Andrews* time is the beſt time to do them in all the year.

78 *To make Syrup of Quinces.*

Take of the juice of Quinces clarified three quarts, boil it over a gentle fire till half of it be conſumed, ſcum it and add to it three pints of red wine, with four pound of white Sugar, boil it into a Syrup, and perfume it with a dram and half of Cinnamon, and of Cloves and Ginger, of each two ſcruples.

79. *To make Walnut-Water.*

Take of green Walnuts a pound and half, Garden Radiſh-roots one pound, green Aſarabacca ſix ounces, Radiſh ſeeds four ounces; let all of them being bruiſed be ſteeped in three pints of White-wine-Vinegar for three days, and then diſtil them in a leaden Still till they be dry.

80. *To make Treakle Water.*

Take of the juice of green Walnuts four pound, juice of Rue three pound, juice of Carduus, Marigolds and Balm, of each two pound, green Petaſit is Roots one pound and half, the Roots of Burs one pound, Angelica

and

and Maſterwort of each half a pound; the leaves of Scordium four handfuls, old Venice Treacle and Mithridate of each eight ounces, Canary wine ſix quarts, Vinegar three quarts, juice of Lemons one quart; digeſt them two days either in Horſe-dung or in a Bath, the Veſſel being cloſe ſhut, then diſtill them in Sand, in the diſtillation you may make a Theriacal extraction.

81. *To make Syrup of Cinamon.*

Take of Cinamon groſly bruiſed 4 ounces ſteep it in White-wine, and ſmall Cinamon water of each half a pound, three days in a glaſs by a gentle fire; ſtrain it, and with a pound and half of Sugar boil it gently to a Syrup. This Syrup refreſhes the Vital Spirits and Cheriſheth the Heart and Stomach, helps Digeſtion, and cheriſheth the whole body exceedingly.

82. *To make Syrup of Citron peels.*

Take of freſh yellow Citron peels, five ounces, the berries of Cherms, or the juice of them brought over to us two drams, ſpring water two quarts; ſteep them all night, boyl them till half be conſumed, take off the ſcum, ſtrain it, and with two pound and a half of the whiteſt Sugar, boyl it into a Syrup:

Syrup: let half of it be without Musk, but perfume the other half with three Grains of Musk tyed up in a rag.

83. *To make Syrup of Harts-horn.*

Take of Harts-tongue three handfuls, Polipodium of the Oak, the roots of both ſorts of Buglos, barks of the root, of Capers and Tamaris of each two ounces, Hops, Dodder, Maiden-hair, balm, of each two handfuls, boil them in four quarts of Spring-water till it comes to five, ſtrain it, and with four pound of Sugar, make it into Syrup according to Art.

84. *An Oyl Perfume for Gloves that ſhall never out.*

Take Benjamin two ounces, Storax and Calamint each an ounce, but the two firſt muſt be finely beaten by themſelves; then take a pound of ſweet Almonds and mingle it with the Storax and Benjamin upon a marble ſtone, and then put it into an earthen pot with more Oyl; then put in your Gloves powdered, and ſo let it ſtand very cloſe covered; and when you will perfume a pair of Gloves, take a little fair water in a ſpoon and wipe your Gloves very fine with; take another ſpoon, and dip

it

it in your Oyl, and rub it on your Gloves, and let them dry, this is excellent.

85. *An excellent water for one that is in a Conſumption.*

Take three pints of Milk, and one pint of red Wine, twenty four yolks of new laid Eggs, beat them very well together, then add ſo much white bred as will drink up the Wine, and put to it ſome Cowſlip flowers, and diſtil them: Take a ſpoonful of this Morning and Evening in Chicken or Mutton broth, and in one Moneth it will cure any Conſumption.

86. To *make Barley Water.*

Take a penny worth of Barly, a penny-worth of Raiſins of the Sun, a penny-worth of Anniſeeds, an half penny-worth of Liquoriſh, about two quarts of water, boil all together till half be conſumed then ſtrain it, and when it is cold drink it, your Liquoriſh muſt be ſliced into ſmall Peices.

87. *Dr.* Deodates *Drink for the Scurvy.*

Take Roman Wormwood, *Carduus benedictus*, Scurvy-graſs, Brook-lime, Wa-

ter-

ter-creaſes, Water-trifoil, of each one handful, Dodder, Cetrach, Soolopendria, Burrage, Buglos, Sorrel, Vervain, or Speedwel, of each half a handful, Elicampane root one ounce, Raiſins of the Sun three ounces, ſlices of Oranges and Lemmons, of each fifteen, boil or rather infuſe theſe in a double glaſs with ſo much White-wine as will make a pint and a half of the liquor when it is done.

88. *A Conſerve to ſtrengthen the Back.*

Take Eringo roots, and Conſerve them as you do damask white and red Roſes in every reſpect, the pith being taken out; one pound and a half of Sugar is enough for every pound of Roots, with three pints of water, ſtew them cloſely at firſt as you do your Roſes; if you add to them five or ſix grains of Amber-greaſe beaten to fine powder, it will be much more cordial.

89. *To make an excellent* Aqua Compoſita *for a Surfeit or cold ſtomach.*

Take a handful of Roſemary, a root of Enula-campane, a handful of Hyſop, half a handful of Thyme, ſix handfuls of Sage, as much Mint, and as much Penny-royal, half a handful of Horehound, two ounces of

Liquoriſh

Liquoriſh well bruiſed, and as much Anniſeeds; then take two gallons of the beſt ſtrong Ale, and take all the hearbs aforeſaid, and wring them aſunder, and put them into an earthen pot well covered, and let them ſtand a day and a night; from thence put all into a braſs pot, and ſet it on the fire, and let it ſtand till it boil, then take it from the fire and ſet your Limbeck on the pot, and ſtop it cloſe with paſt that there come no air out of it, and ſtill it out with a ſoft fire, you may add to it a handful of red Fennel.

90. *To make Balm water.*

Take four gallons of ſtrong ſtale Ale, half a pound of Liquoriſh, two pound of Balm, two ounces of Figgs, half a pound of Anniſeeds, one ounce of Nutmegs, ſhred the Balm and Figgs very ſmall, and let them ſtand ſteeping four and twenty hours, and then put it in a Still as you uſe Aquavitæ.

91. *To Pickle Broom-buds.*

Take as many Broom-buds as you pleaſe, make linnen bags and put them in, and tye them cloſe, then make ſome brine with water and Salt, and boil it a little, let it be cold, then put ſome brine in a deep earthen pot, and put the bags in it, and lay

lay ſome weight on them, let it lye there till it look black, then ſhift it again ſtill as long as it looks black, boil them in a little Cauldron, and put them in Vinegar a week or two, and they will be fit to eat.

92. To *make good Raſpberry Wine.*

Take a gallon of Sack, in which let two gallons of Raſpberries ſtand ſteeping the ſpace of twenty four hours then ſtrain them and put to the liquor three pound of Raiſins of the Sun ſtoned, let them ſtand together four or five days, being ſometime ſtirred together, then pair off the cleareſt and put it up in bottles and ſet it in a cold place, if it be not ſweet enough you may put Sugar to it.

93. To *make excellent Hippocras in an Inſtant.*

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruiſe theſe ſmall, then mix them with as much Spirit of Wine, as will make them into a paſt, let them ſtand cloſe covered in a glaſs the ſpace of ſix days in a cold place, then preſs out the liquor and keep it in a glaſs. A few drops of this Liquor put into any Wine giveth it a gallant

gallant reliſh and odour, and maketh it as good as any Hippocras whatſoever in an inſtant.

94. *To make Artificial Malmſey.*

Take two gallons of Engliſh Hony, put into it eight gallons of the beſt ſpring-water, ſet theſe in a Veſſel over a gentle fire, when they have boil'd gently an hour take them off, and when they be cold put them into a ſmall Barrel or Runlet hanging in the Veſſel a bag of ſpices, and ſet it in the Cellar, and in half a year you may drink thereof.

95. *To make Artificial Clarret-wine.*

Take ſix gallons of water, two gallons of the beſt Syder, put thereto eight pound of the beſt Malaga raiſins bruiſed in a Morter, let them ſtand cloſe covered in a warm place the ſpace of a Fortnight, every two days ſtiring them well together; then preſs out the Raiſins, and put the liquor into the ſaid Veſſel again, to which add a quart of the juice of Rasberries, and a pint of the juice of black Cherries; cover this liquor with bread ſpread thick with ſtrong Muſtard, the Muſtardſeed being downward, and ſo let it work by the

the fire ſide three or four days, then turn it up and let it ſtand a week, and then bottle it up, and it will taſt as quick as bottle Beer and become a very pleaſant drink, and indeed far better and wholſomer then our common Claret.

96. *To make Spirit of Amber-greaſe.*

Take of Amber-greaſe two drams, of Musk a dram, cut them ſmall, and put them into a pint of the beſt ſpirit of Wine, cloſe up the glaſs Hermetically and digeſt them in a very gentle heat till you perceive they are diſſolved, then you may uſe it; two or three drops or more if you pleaſe of this ſpirit put into a pint of wine, gives it a rich odour, or if you put two or three drops round the brims of the glaſs it will do as well, half a ſpoonful of it taken either of it ſelf, or mixt with ſome ſpecifical liquor is a moſt rich cordial.

97. *An Excellent ſweet Water.*

Take a quart of Orange-flower water, as much Roſe-water, with four ounces of Musk willow-ſeeds groſly bruiſed, of benjamin two ounces, of Storax an ounce, of Labdanum ſix drams, of Lavender flow'rs two pugils, of ſweet Marjoram as much, of *Calamus Aromaticus*

maticus a dram, diſtil all theſe in a glaſs ſtill in *Balneo*, the Veſſel being very well cloſed that no vapour breath forth; note that you may make a ſweet water in an inſtant, by putting in a few drops of ſome diſtilled Oyls together into ſome Roſe-water, and brew them well together.

98. *Dr.* Burges *Plague Water.*

Take three Pints of Muſcadine and boil in it Sage and Rue of each a handful till a pint be waſted, then ſtrain it, and ſet it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an ounce being all bruiſed together, then boil them a little, and put thereto half an ounce of Andramachus Treacle, three drams of Methridate, and a quarter of a pint of Angellica Water. Take a ſpoonful or two of this morning and evening.

99. *To dry Cherries or Plumbs in the Sun.*

If it be ſmall fruit you muſt dry them whole by laying them abroad in the hot Sun in ſtone or pewter diſhes or tin pans, turning them as you ſee cauſe, but if your Plumbs be large ſlit them in the middle and lay them abroad in the Sun, and if they be very large then give each Plumb a ſlit on each

each ſide, and if the Sun do not ſhine ſufficiently, then dry them in an Oven that is temperately warm.

100. *To Preſerve Pippins green.*

Take Pippins when they be ſmall and green off the Tree, and pare three or four of the worſt, and cut them all to pieces, then boil them in a quart of fair water till they be pap, then let the liquor come from them as they do from your Quiddany into a baſon, then put into them one pound of Sugar clarified, and put into it as many green Pippins unpar'd as that liquor will cover, & ſo let them boil ſoftly, and when you ſee they be boiled as tender as a Codling, then take them up and peel off the outermoſt white skin, and then they will be green, then boil them again in the Syrup till it be thick and you may keep them all the year.

101. *To make Syrup of Hyſop.*

Take of Hyſop one handful, of Figgs, Raiſins, Dates, of each an ounce, boil theſe in three pints of water to a quart, then ſtrain and clarifie it with the whites of two Eggs and two pound of Sugar, and ſo boil them to a Syrup, and being boild enough keep them all the year.

102. *To*

102. *To make Roſa Solis.*

Take Liquoriſh eight ounces, Anniſeeds and Carraway of each an ounce; Raiſins ſton'd and Dates of each three ounces, Nutmegs, Ginger, Mace, of each half an ounce, Galingal a quarter of an ounce, Cubebs one dram, Figgs two ounces, Sugar four ounces; bruiſe theſe and diſtil them with a gallon of Aqua-vitæ as the reſt, but when it is diſtilled, you muſt colour it with the herb Roſa Solis or Alkanet root.

103. *To make Muſcadine Comfits.*

Take half a pound of Musk Sugar beaten and ſearced, then take Gumdragagant ſteeped in Roſe-water, and two grains of Musk and ſo beat them in an Alablaſter Morter till it come to perfect paſt, then roul it very thin, and cut it in ſmall diamond peices and then bake them, and ſo keep them all the year.

104. *To make conſerve of Burrage-flowers.*

Let your flowers be well coloured, and pick the blacks from them, then weigh them and to every ounce of flowers you muſt take three ounces of Sugar, and beat them together in a ſtone Morter with a wooden pestle till

till they be very fine; then take them out and put the conſerve into a pipkin, and heat it thorow hot, put them up and keep them all the year.

105. *To Candy Ginger.*

Take very fair and large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar and boil it to the height of Sugar again, and when your Sugar begins to be cold, take your Ginger and ſtir it well about while your Sugar is hard to the Pan; then take it out piece by piece and lay it by the fire four hours, then take a pot and warm it and put the Ginger in it, tye it up cloſe and every other morning ſtir it about throughly, and it will be rock-candyed in a little time.

106. *To make* Manus Chriſti.

Take half a pound of refined Sugar, and ſome Roſe-water, boil them together till it come to Sugar again, then ſtir it about till it be ſomewhat cold, then take leaf Gold and mingle with it, then caſt it according to Art in round gobbets, and ſo keep them.

107 *To make Conſerve of Strawberries.*

Firſt boil them in water, and then caſt away the water and ſtrain them, then boil them in Whitewine, and works as in Prunes, or elſe ſtrain them being ripe, then boil them in White-wine and Sugar till they be ſtiff.

108. *To make Conſerve of Prunes.*

Take the beſt Prunes put them into ſcalding water, let them ſtand a while, then boil them over the Fire till they break, then ſtrain out the water through a Cullender, and let them ſtand therein to cool, then ſtrain the Prunes through the Cullender, taking away the ſtones and skins, then ſet the pulp over the fire again and put thereto a good quantity of red Wine, and boil them to a thickneſs ſtill ſtiring them up and down, when they are almoſt enough put in a ſufficient quantity of Sugar, ſtir all well together and then put it up in your gally-Pots.

109. *To make fine Chriſtal Jelly.*

Take a knuckle of Veal, and four Calves feet, put them on the fire with a gallon of fair water, and when the fleſh is boil'd tender

der take it out, then let the Liquor ſtand ſtill till it be cold, then take away the top & the bottom of the Liquor, and put the reſt into a clean Pipkin, and put into it one pound of refined Sugar, with four or five drops of Oyl of Cinamon and Nutmegs, and a grain of Musk, and ſo let it boil a quarter of an hour leaſurely on the fire, then let it run through a Jelly-bag into a Baſon, with the whites of two Eggs beaten, and when it is cold you may cut it into lumps with a ſpoon, and ſo ſerve three or four lumps upon a Plate.

110. *To make Jelly of Strawberries, Mulberries, Raſpisberries or any other ſuch tender Fruit.*

Take your berries and grind them in a ſtone morter with four ounces of Sugar and a quarter of a pint of fair water, and as much Roſewater, and boil it in a skillet with a little Iſing-glaſs, and ſo let it run through a fine cloth into your Boxes and you may keep it all the year.

111. *To Candy Roſmary-Flowers.*

Pick your Flowers very clean, and put to every ounce of flowers two ounces of hard Sugar, and one ounce of

Sugar-candy, and diſſolve them in Roſemary flower water, and boil them till they come to a Sugar again, when your Sugar is almoſt cold put in your Roſemary flowers and ſtir them together till they be enough, then take them out and put them in your boxes, and keep them in a ſtore for uſe.

112. *To Candy Burrage Flowers.*

Pick the flowers clean, and weigh them, and do in every reſpect as you did your Roſemary flowers, only, when they be candyed you muſt ſet them in a ſtill, and ſo keep them in a ſheet of white paper putting every day a chafing diſh of coals into your Still, and it will be excellently candyed in a ſmall time.

113. *To make Biſket Cakes.*

Take a peck of flower, four ounces of Coriander-ſeed, one ounce of Anniſeed; then take three Eggs, three ſpoonfuls of Ale-yeaſt, and as much warm water as will make it as thick as paſt for Maunchets, make it into a long roul and bake it in an Oven an hour, and when it is a day old, pare it and ſlice it, Sugar it with ſearced Sugar and put it again into the Oven, and when

when it is dry take it out, and new Sugar it again, and ſo box it and keep it.

114. To *make Paſt Royal.*

Take a pound of refined Sugar, beaten and ſearced, and put into a Stone Morter, with an ounce of Gumdragagant ſteeped in Roſe-water, and if you ſee your Paſt be too weak put in more Sugar, if too dry more gum, with a drop or two of Oyl of Cinamon, beat it into a perfect paſt, and then you may print it in your moulds, and when it is dry guild it, and ſo keep them.

115. To *make Apricock Cakes.*

Procure the faireſt Apricocks you can get, and let them be parboil'd very tender, take of the ſame quantity of Sugar whereof the pulp is, and boil them together very well allways keeping them ſtiring for fear of burning too; when the bottom of the Skillet is dry they are enough, then put them into little cards ſowed round about, and duſt them with fine Sugar, and when they are cold ſtone them and turn them, and fill them up with ſome more of the ſame ſtuff, but let them ſtand three or four days before you remove

em from the firſt place, when you find them begin to Candy take out the Cards and duſt them with Sugar.

115. *To make Conſerve for Tarts all the Year.*

Take Damſons, or other good Ripe Plums, and peel off their skins, and ſo put them into a pot, but tô Pippins pared, and cut in pieces, and ſo bake them, then ſtrain them through a piece of Canvas, and ſeaſon them with Cinamon, Sugar, Ginger, and a little Roſe-water: Boyl it upon a Chafing-diſh of Coals, till it be as thick as a Conſerve, and then put it into your Gally-pots, and you may keep it good all the year.

116. *To dry Pippins.*

Take the faireſt yellow Pippins, and pare them, and make a hole through every one, then parboil them a little in fair water, then take them up, and put them into as much Clarified Sugar as will cover them, and let them boil very gently a little while in that Syrup, then take them out, and put them into an earthen Platter, then caſt fine Sugar upon them, and ſet them into the Oven half an hour,

then

then take them out, and caſt ſome more Sugar on them, (being turned) and do ſo three times, and they will be well dryed.

117. *To make Paſte of* Genua.

Take two pound of the pulp of Quinces, and as much of Peaches, ſtrain it and dry it in a Pewter platter upon a Chafing-diſh of Coals, then weigh it, and boil it to the height of *Manus Chriſti*, and then put them together, and ſo faſhion it upon a Pye-plate, and dry it in an Oven with a Chafing-diſh of Coals till it be through dry, and then if you pleaſe you may ſpot them with Gold.

118. *To make Leach.*

Make your Jelly for your Leach with Calves Feet, as you do your Ordinary Jelly, but a little ſtiffer, and when it is cold take off the top, and the bottom, and ſet it over the fire with ſome Cinamon and Sugar, then take your Turnſole being well ſteept in Sack, and cruſh it, and ſo ſtrain it in your Leach, and let it boil to ſuch a thickneſs, that when it is Cold you may ſlice it.

119. *To dry any kind of Fruits after they are Preſerved.*

Take Pippins, Pears, or Plumbs after they are preſerved out of the Syrup, and waſh them in warm water, and then ſtrew them over with Sugar finely ſearced, as you do Flower upon Fiſh to fry, and ſet them into a broad earthen Pan, and lay them one by another; then ſet them into a warm Stove or Oven untill they be dry, and turn them every day till they are quite dry; and if you pleaſe, you may Candy them therewithal, caſt Sugar upon them three or four times as you dry them.

120. *To make Quiddany of Quinces.*

Take the Kernels out of ſeven or eight great Quinces, and boyl the Quinces in a quart of ſpring-water, till it come to a pint, then put into it a quarter of a pint of Roſe-water, and one pound of fine Sugar, and ſo let it boil till it come to be of a deep colour, then take a drop and drop it into the bottom of a ſaucer, and if it ſtand, take it off, then let it run through a Jelly-bag into a baſon, then ſet it over a Chafing-diſh of Coals to keep it warm, then take a ſpoon and fill your Boxes as full as you pleaſe, when

when they be cold cover them, and if you please to print it in moulds, weting your moulds with Rose-water, and so let it run in, and when it is cold, turn it into Boxes.

121. To make Sweet Cakes without either Spice or Sugar.

Take Parsneps, and scrape or wash them clean, slice them thin, and dry them well, beat them to powder, mixing one third part thereof with two thirds of fine Wheat-Flower, make up your past into Cakes, and you will find them very sweet and delicate.

122. To make Wormwood-Wine.

Take small Rochel or Camahe Wine, put a few drops of the Extracted Oyl of Worm-wood therein, brew it together out of one pot into another, and you shall have a more neat and wholsome wine for your body, than that which is sold for right Wormwood-Wine.

123. To mack sweet Bags to lye among Linnen.

Fill your bags only with *Lignum* and *Rhodium* finely beaten, and it will give an Excellent Scent to your Linnen.

124. *To make Spirit of Honey.*

Put one part of Honey to five parts of Water, when the Water boileth diſſolve your Hony therein, ſcum it, and having boiled an hour or two, put it into a wooden Veſſel, and when it is Blood-warm ſet it on the fire with Yeaſt, after the uſual manner of Beer and Ale, turn it, and when it hath lain ſome time, it will yield Spirit by Diſtillation, as Wine, Beer, and Ale will do.

125. *To Preſerve Artichoaks.*

Cut off the ſtalks of your Artichoaks within two Inches of the Choak, and make a ſtrong Decoxion of the reſt of the ſtalks, ſlicing them into thin ſmall pieces, and let the Artichoaks lye in this Decoction, and when you uſe them, you muſt put them firſt in warm water, and then in cold, and ſo take away the bitterneſs of them.

126. *To make Syrup for a Cough of the Lungs.*

Take a Pottle of fair Runing water in a new Pipkin, and put into it half an ounce of Sydrack, half an ounce of Maiden-

Maiden-hair, and a good handful of Elecampane Roots ſliced, boil altogether, until half be boiled away, even to a Syrup, then put into it the whites of Eggs, and let it boil two or three walms, and give the Patient a ſpoonful Morning and Evening.

127. *To make* Banbury *Cakes.*

Take four pound of Currants, waſh and pick them very clean, and dry them in a cloath, then take three Eggs, and put away one Yolk, and beat them, and ſtrain them with Yeaſt, putting thereto Cloves, Mace, Cinamon, and Nutmegs, then take a pint of Cream, and as much Mornings Milk, and let it warm, then take Flower, and put in good ſtore of cold Butter and Sugar, then put in your Eggs, Yeaſt, and Meal, and work them all together an hour or more, then ſave a piece of the Paſte, and break the reſt in pieces, and work in your Currants, then make your Cake what quantity you pleaſe, and cover it very thin with the Paſte wherein were no Currants, and ſo bake it according to the bigneſs.

128. To *make Ginger-bread.*

Take a quart of Hony, and ſet it on the coals and refine it, then take Ginger, Pepper, and Licoriſe of each a penny-worth, a quarter of a Pound of Anniſeeds and a penny-worth of Saunders; beat all theſe, and ſearce them, and put them into the Honey, add a quarter of a pint of Claret Wine, or old Ale, then take three penny Maunchets finely grated, and ſtrew it amongſt the reſt, and ſtir it till it come to a ſtiff paſt, make them into Cakes and dry them gently.

129. To *make Wormwood-Water.*

Take two Gallons of good Ale, a pound of Anniſeeds, half a pound of Liquoriſe, and beat them very fine, then take two good handfuls of the Crops of Wormwood, and put them into Ale, and let them ſtand all Night, and let them ſtand in a Limbeck with a moderate Fire.

130. *To make Paſt of Quinces.*

Firſt boil your Quinces whole, and when they are Soft, pare them, and cut the Quince from the Core, then take the fineſt Sugar you can get finely beaten or

ſearced

ſearced, and put in a little Roſe-water, and boyl it together till it be ſtiff enough to mould, and when it is cold, roul it and print it: A pound of Quinces will require a pound of Sugar, or thereabout.

131. To *make thin Quince Cakes.*

Take your Quince when it is boiled ſoft as before, and dry it upon a Pewter Plate with a ſoft heat, and ſtir it with a ſlice till it be hard, then take ſearced Sugar to the ſame weight, and ſtrew it upon the Quince as you beat it in a Wooden or Stone Mortar, and ſo roul them thin, and print them.

132. To *make fine Cakes.*

Take a Pottle of fine Flower, and a pound of Sugar, a little Meal, and good ſtore of water to mingle the Flower into a ſtiff Paſte, with a little Salt, and ſo knead it, and roul out the Cakes thin, and bake them on Papers.

133. To *make Suckets.*

Take Curds, and the paring of Lemons, Oranges, or Pome-Citrons, or indeed any half ripe green Fruit, and boil them till they be tender in ſweet wort, then take three pound of Sugar, the whites of four

four Eggs, and a Gallon of water, beat the water and Eggs together, and then put in your Sugar, and ſet it on the Fire, and let it have a gentle fire, and let it boil ſix or ſeven walms, then ſtrain it through a cloath, and ſet it on again, till it fall from the Spoon, and then put it into the Rinds, or Fruits.

134. *To make Leach Lombard.*

Take half a pound of blanched Almonds, two ounces of Cinamon beaten and ſearced, half a pound of Sugar, beat your Almonds, and ſtrew on your Cinamon and Sugar, till it come to a paſte, then roul it, and print it as aforeſaid.

135. *To make a Rare Damask Water.*

Take a quart of Malmſey Lees, or Malmſey, one handful of Marjoram, as much Baſil, four handfuls of Lavender, one handful of Bay-leaves, four handfuls of Damask-Roſe-Leaves, as many Red-Roſe, the peels of ſix Oranges, or elſe one handful of the tender Leaves of Walnut-Trees, half an ounce of Benjamin, *Calamus Aromaticus* as much, of Camphire four drams, of Cloves an ounce, of Bildamum half an ounce, then

then take a pottle of Running Water, and put in all theſe Spices bruiſed into your Water and Malmſey together in a pot cloſe ſtopped, with a good handful of Roſemary, and let them ſtand for the ſpace of ſix days, then diſtil it with a ſoft fire, and it in the Sun ſixteen days, with four Grains of Musk bruiſed, this Quantity will make three quarts of Water.

136. *To make Waſhing Balls.*

Take *Storax* of both kinds, *Benjamin*, *Calamus Aromaticus*, *Lapdanum*, of each alike, and bray them to powder with Cloves and Orris, then beat them all with a ſufficient Quantity of Soap, till it be ſtiff, then with your hand work it like paſte, and make round balls thereof.

137. *To make a Musk-Ball.*

Take Nutmegs, Mace, Cloves, Saffron, and Cinamon, of each the weight of two pence, and beat it to fine powder, add as much Maſtick, of Storax the weight of Six pence, of Lapdanum the weight of ten pence, of Amber-greaſe the weight of ſix pence, and of Muske four Grains, diſſolve and work all theſe

in

in hard ſweet Soap, till it come to a ſtiff Paſte, and then make balls thereof.

138. *To make Imperial Water.*

Take a Gallon of *Gaſcoin* Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniſeeds, Fennel-ſeeds, Caraway-ſeeds, of each one dram, then take Sage, Mint, Red Roſes; Time, Pellitory, Roſemary, Wild Thyme, Camomile, and Lavender, of each a handful, then beat the Spices ſmall and the herbs alſo, and put all together into the Wine, and let it ſtand ſo twelve hours, ſtirring it divers times, then Diſtill it with a Limbeck, and keep the firſt water for it is beſt; of a Gallon of Wine you muſt not take above a quart of water. This water comforteth the Vital Spirits, and helpeth the inward Diſeaſes that come of Cold, as the Palſie, and Contraction of Sinews, it alſo killeth Worms, and comforts the Stomack, it Cureth the cold Dropſie, helpeth the Stone, and Stinking-breath, and maketh one ſeem Young.

139. *To make Verjuice.*

Gather your Crabes as ſoon as the Kernels turn black, and lay them a while in a heap to ſweat, then pick them from the ſtalks

Stalks, blacks, and rottenneſs, then cruſh and beat them all to peices in a Tub, then make a bag of courſe Hair-cloath as big as your preſs, and fill it with the cruſht Crabs, then put it into the Preſs and Preſs it as long as any moiſture will drop out, having a clean Veſſel underneath to receive the Liquor, then Tun it up in ſweet Hogſheads, and to every Hogſhead put half a dozen handfuls of Damask Roſe Leaves then bring it up, and ſpend it as you have occaſion.

140. *To make dry Sugar Leach.*

Blanch your Almonds, and beat them with a little Roſe-water, and the white of one Egg, and then beat it with a good quantity of Sugar, and work it as you would work a peice of paſte, then roul it, and print it, only beſure to ſtrew Sugar in the print for fear of cleaving to.

141. *To make fine Jumbals.*

Beat a pound of Sugar fine, then take the ſame quantity of fine Wheat Flower, and mix them together, then take two whites and one Yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine altogether, with half

half a pound of ſweet Butter, and a ſpoonful of Roſe-water, and ſo work it with a little Cream till it come to a ſtiff Paſte, then roul them forth as you pleaſe; you may add a few fine dryed Anniſeeds finely rub'd, and ſtrewed into the paſte, with Coriander ſeeds.

142. *To make dry Vinegar.*

To make dry Vinegar, which you may carry in your pocket, you muſt take the blacks of green Corn, either Wheat or Rye, and beat it in a Mortar with the ſtrongeſt Vinegar you can get, till it come to Paſte, then roul it into little Balls and dry it in the Sun till it be very hard, and when you have Occaſion to uſe it, cut a little piece thereof, and diſſolve it in wine, and it will make a ſtrong Vinegar.

143. *To make Excellent date Leach.*

Take Dates and take out the ſtones, and the white Rinde, and beat them with Sugar, Cinamon, and Ginger very finely, then work it as you would work a piece of Paſte, and then print them as you pleaſe.

144. *To make white Jelly of Almonds.*

Take Roſe-water, Gum-dragant, or Iſinglaſs diſſolved, and ſome Cinamon groſly beaten, boil them all together, then take a pound of Almonds, blanch them, and beat them fine with a little fair water, dry them in a fine Cloath, and put your Roſe-water and the reſt into the Almonds, boyl them together and ſtir them continnually, then take them from the fire, and when it is boyled enough take it off.

145. *To Candy Orange Peels.*

Take your Orange Peels after they are Preſerved, then take fine Sugar, and Roſe-water, and boyl it to the height of *Manus Chriſti*, that is, till it is Sugar again, then draw through your Sugar; lay them on the bottom of a Sieve, and dry them in an Oven after you have drawn Bread, and they will be Candied.

146. *To make Paſte of Violets.*

You muſt take Violets ready pickt, and bruiſe them in a Marble Morter, and wring the Juice from them into a Porringer, and put as much hard Sugar in fine Powder, as the Juice will cover, dry it,

and

and then powder it again, then take as much Gum-dragant ſteeped in Roſe-water as will bring this Sugar into a perfect paſte, then take it up and print it with your Moulds, and ſo dry it in your Stove.

147. *To Preſerve Pippins Red.*

Take your beſt coloured Pippins and pare them, then take a piercer and bore a hole through them, then make Syrup for them as much as will cover them, and ſo let them boil in a broad Preſerving pan, put to them a peice of Cinamon, and let them boil leiſurely, cloſe covered, turning them very often, or elſe they will ſpot, and one ſide will not be like the other, and let them boil till they begin to Jelly, then take them up, and you may keep them all the year.

148. *To make Spirit of Roſes.*

Bruiſe the Roſe in his own juyce, adding thereto, being temperately warm, a convenient proportion either of Yeaſt, or Ferment, leave them a few days to ferment, till they get a ſtrong and heady ſmell, near like to Vinegar, then Diſtil them, and draw ſo long as you find any ſcent of the Roſe to come, then diſtil again

rain ſo often till you have purchaſed a perfect Spirit of the Roſe. You may alſo Ferment the juice of Roſes only, and after Diſtil the ſame.

149. *To make Syrup of Elder.*

Take Elder Berries when they are Red, bruiſe them in a ſtone Mortar, ſtrain the Juice, and boil it away to almoſt half, ſcum it very clean, take it off the fire whilſt it is hot, put in Sugar to the thickneſs of a Syrup, put it no more on the fire, when it is cold, put it into Glaſſes, not filling them to the top, for it will work like Beer.

150. *To make Orange-Water.*

Take two quarts of the beſt *Malaga* Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, ſteep them twenty four hours, then Still them in a Glaſs ſtill, and let the water run into the Receiver upon fine Sugarcandy; you may ſtill it in an Ordinary Still.

151. *To make Caudle of great Virtue.*

Take a Pint and a half of the ſtrongeſt Ale may be gotten, twenty Jordan Almonds clean wiped, but neither waſh'd nor blanched, with two Dates minced very ſmall

ſmall and ſtamped; then take the pith of Young Beef, the length of twelve Inches, lay it in water till the blood be out of it, then ſtrip the skin off it, and ſtamp it with the Almonds and Dates, then ſtrain them altogether into the Ale, boyl it till it be a little thick, give the party in the Morning faſting ſix ſpoonfuls, and as much when he goeth to Bed.

152. *An Excellent Surfeit Water.*

Take Cellandine, Roſemary, Rue, Pellitory of Spain, Scabious, Angelica, Pimpernel, Wormwood, Mugwort, Betony, Agrimony, Balm, Dragon, and Tormentile, of each half a pound, ſhred them ſomewhat ſmall, and put them into a narrow mouthed Pot, and put to them five quarts of white Wine, ſtop it cloſe, and let it ſtand three Days and Nights, ſtirring it Morning and Evening, then take the Herbs from the Wine, and diſtil them in an ordinary Still, and when you have diſtilled the Herbs, diſtil the Wine alſo, wherein is Virtue for a weak Stomack. Take three or four Spoonfuls at any time.

153. *To*

153. *To make a Syrup for one ſhort-winded.*

Take a good handful of Hyſſop, and a handful of Horehound, and boyl them in a quart of Spring-water to a pint, then ſtrain it through a clean Cloath, and put in Sugar to make it Pleaſant. Stir it Morning and Evening with a Licoriſe-ſtick, and take about three ſpoonfuls at a time.

154. *To make ſyrup of Sugar Candied.*

Take Sugar Candied, and put it into a clear bladder, and tie it, but ſo that it may have ſome vent, then put it into a baſon of water, ſo that the water come not over the top of the bladder, and cover it with a Pewter Diſh, and let it ſtand all Night, and in the Morning take of it with a Licoriſe-ſtick.

155. *To make an Exce[illegible] ſyrup againſt the Scurvy.*

Take of the juice of Garden Scurvy-graſs, Brooklime, and Water-creſſes, of each ſix Ounces, and after it hath ſtood till it is clear, take ſixteen ounces of the cleareſt, and put to it four ounces of the juice of Oranges and Lemmons, make it a clear Syrup with ſo much fine Sugar as will ſerve the turn.

156. *To*

156. *To make Syrup of Roſes.*

When your Liquor is ready to boil, put as many Roſes as will be well ſteept into it, cover it cloſe, and when the Roſes are throughly white, then ſtrain it, and ſet it on the Fire again, and ſo uſe it thirteen times, and to every pint of your water or Liquor, you muſt put a pound of Sugar, and let it ſtand together ſteeping for the Space of one Night, then ſcum it clean, and ſeeth it over a quick Fire a quarter of an hour, then take ſome whites of Eggs and beat them well together, take off your Pot, and put in the whites, and then ſet it on the Fire again, and let it boil a good ſpace, then let it run through a Jelly-bag, till it will ſtand ſtill upon your Nail.

157. *To make a Comfortable Syrup.*

Take a handful of Agrimony, and boil it in a pint of Water till half be conſumed, then take out the Agrimony, and put in a good handful of Currans, and boil them till they are ready to break, then ſtrain them, and make a Syrup of them, then ſet it on a Chafing-diſh of Coals, and put thereto a little white Saunders, and drink it either hot or cold.

158. *To*

158. *To make an Almond Caudle.*

Take three pints of Ale, boil it with Cloves and Mace, and ſlice Bread in it, then have ready beaten a pound of Almonds blanched, and ſtrain them out with a pint of White-Wine, and thicken the Ale with it, ſweeten it if you pleaſe, but be ſure to ſcum the Ale when it boils.

159. *To Candy Cherries.*

Take your Cherries before they be full Ripe, take out the ſtones, put Clarified Sugar boiled to a height, and then pour it on them.

160. *To make Syrup of Saffron.*

Take a Pint of Endive water, two Ounces of Saffron finely beaten, and ſteep it therein all Night, the next day boil it and ſtrain out the Saffron, then with Sugar boil it up to a Syrup.

161. *To make Roſe Water.*

Stamp the Leaves, and firſt diſtil the juice being ſqueezed out, and after Diſtil the Leaves, and ſo you may diſpatch more with one Still, than others will do with three or four; and this water is every way

way as Medicinable as the other, ſerving very well in decoctions, and Syrups, *&c.* Though it be not altogether ſo pleaſing to the ſmell.

162. *To make ſuckets of Green Walnuts.*

Take Walnuts when they are no bigger then the largeſt Haſel Nut, pare away the uppermoſt green, but not too deep, then boil them in a pottle of water, till the water be boiled away, then take ſo much more freſh water, and when it is boiled to the half, put thereto a quart of Vinegar, and a pottle of Clarified Honey.

163. *To make white Leach of Cream.*

Take a pint of ſweet Cream, and ſix Spoonfuls of Roſe-water, two Grains of Muſk, two drops of Oyl of Mace, and ſo let it boil with four ounces of Iſinglaſs, then let it run through a Jelly-bag, when it is cold ſlice it like brawn, and ſo ſerve it out. This is the beſt way to make Leach.

164. *To Preſerve Pome-Citrons.*

You muſt take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boil them tender in fair water, then take two

two pound of Sugar Clarified, and make Syrup for them, and let them boil therein a quarter of an hour very gently, then take them up, and let your Syrup boil till it be thick, then put in your Pome-Citrons, and you may keep them all the year.

165. *To Pickle Clove-Gilly-Flowers for Sallets.*

Take the faireſt Clove-Gilly-Flowers, clip off the whites from them, put them into a wide-mouth'd Glaſs, and ſtrew a good deal of Sugar finely beaten among them, then put as much wine Vinegar to them as will throughly wet them, tye them up cloſe and ſet them in the Sun, and in a little while they will be fit for uſe.

166. *To make Leach of Almonds.*

Take half a pound of ſweet Almonds, and beat them in a Mortar, then ſtrain them with a Pint of ſweet Milk from the Cow, then put to it one grain of Muſk, two ſpoonfuls of Roſe-water, two ounces of fine Sugar, the weight of three ſhillings in Iſinglaſs that is very white, boil them together, and let it all run through a ſtrainer, then ſtill it out and ſerve it.

167. *To Candy Marigolds in wedges, the* Spaniſh *Faſhion.*

Take of the faireſt Marigold Flowers two Ounces, and ſhred them ſmall, and dry them before the fire, then take four Ounces of Sugar, and boil it to a height, then pour it upon a wet Pye-plate, and between hot and cold cut it into wedges, and lay them on a ſheet of white Paper, and put them in a Stove.

168. *To Candy Eringo Roots.*

Take your Eringos ready to be preſerved, and weigh them, and to every pound of your Roots take of the pureſt Sugar you can get two pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Cryſtal, for that will be beſt; it being Clarified, boil it to the height of *Manus Chriſti*, then dip in your Roots two or three at once, till all be Candyed, and put them in a Stove, and ſo keep them all the Year.

169. *To Candy Elecampane Roots.*

Take of your faireſt Elecampane Roots, and take them clean from the Syrup, and waſh the Sugar off them, and dry them again

again with a Linnen Cloath; then weigh them, and to every pound of Roots take a pound and three quarter of Sugar, Clarifie it well, and boyl it to a height, and when it is boiled dip in your Roots, three or four at once, and they will Candy very well, and ſo ſtove them, and keep them all the Year.

170. *To make Cinamon-Sugar.*

Lay pieces of Sugar in cloſe Boxes among ſticks of Cinamon, or Cloves, and in ſhort time it will have the taſt and ſcent of the Spice.

171. *To make a Trifle.*

Take Cream, and boyl it with a cut Nutmeg, add Lemon peel a little, then take it off, cool it a little, and ſeaſon it with Roſe-water and Sugar to your taſt, let this be put in the thing you ſerve it in, then put it in a little Rundlet to make it come, and then it is fit to eat.

172. *To make Quiddany of Plums.*

Take one quart of the Liquor which you preſerved your Plums in, and boyl ſix fair Pippins in it, pared and cut into ſmall pieces, then ſtrain the thin from it,

and put to every Pint of Liquor half a pound of Sugar, and ſo boil it till it will ſtand on the back of a Spoon like a Jelly, then wet your Moulds, and pour it thereinto, and when it is almoſt cold, turn it off upon a wet Trencher, and ſo ſlip it into wet Boxes.

173. *To Candy Barberries.*

Firſt preſerve them, then dip them quickly into warm water to waſh off the Ropy Syrup, then ſtrew them over with ſearced Sugar, and ſet them into an Oven or ſtove three or four hours, always turning them, and caſting more fine Sugar upon them, and never ſuffer them to be cold till they be dryed, and begin to look like Diamonds.

174. *To make Cream of Apricocks.*

Firſt boil your Apricocks with water and Sugar till they be ſomewhat tender, and afterwards boil them in Cream, then ſtrain them and ſeaſon it with Sugar.

175. *To make Quince-Cream*

Take a Roaſted Quince, pare it and cut it into thin ſlices to the Core, boil it in a pint of Cream, with a little whole Ginger

Ginger, till it taſt of the Quinces to your liking, then put in a little Sugar, and ſtrain it, and always ſerve it cold to the Table.

176. *To Preſerve Barberries.*

Take one pound of Barberries pickt from the ſtalks, put them in a Pottle-pot, and ſet it in a braſs pot full of hot water, and when they be ſtewed ſtrain them, and put to them a pound and a half of Sugar, and a pint of Red Roſe-water, and boil them a little, then take half a pound of the faireſt Cluſters of Barberries you can get, and dip them in the Syrup while it boyleth, then take the barberries out again, and boil the Syrup while it is thick, and when it is cold, put them in the Glaſſes with the Syrup.

177. *To make a Cullice.*

Take a Cock and dreſs him, and bo him in White-wine, ſcum it clean, and Clarifie the broath (being firſt ſtrained) then take a pint of ſweet Cream, and ſtrain it, and ſo mix them together, then take beaten Ginger, fine Sugar, and Roſe-water, and put them altogether, and boil it a little more.

178. *To make a Cordial ſtrengthning Broath.*

Take a Red Cock, Strip off the Feathers from the skin, then break his Bones to ſhivers with a rolling-pin; ſet it over the Fire, and juſt cover it with water, put in ſome Salt, and watch the Scumming and boyling of it, put in a handful of Harts-horn, a quarter of a pound of blew Currans, and as many Raiſins of the Sun ſtoned, and as many Pruans, four blades of large Mace, a bottom Cruſt of a white Loaf, half an Ounce of China Root ſliced, being ſteeped three hours before in warm water, boyl three or four pieces of Gold, ſtrain it, and put in a little fine Sugar, and juice of Orange, and ſo uſe it.

179. *To Candy Grapes.*

After they are Preſerved, then dip them into warm water to cleanſe them from the Syrup, then ſtrew them over with ſierced Sugar, and ſet them into an Oven or Stove three or four hours, always turning them, and caſting more fine Sugar upon them, and never ſuffer them to be cold till they be dry'd, and begin to ſparkle.

180. *To make Sugar-Cakes.*

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take ſeven or 8. Yolks of Eggs, then take two Cloves, and a pretty piece of Cinamon, and lay it in a ſpoonful of Roſe-water all Night, and heat it almoſt Blood-warm, temper it with the reſt of the ſtuff; when the Paſte is made, make it up as faſt as you can, and bake them in a ſoft Oven.

181. *To take ſpots and ſtains out of Cloaths.*

Take four Ounces of white hard Soap, beat it in a Morter with a Lemon ſliced, and as much Roch-Allom as an Haſel-Nut, roul it up in a Ball, rub the ſtain therewith, and after fetch it out with warm water, if need be.

182. *To keep Cheſnuts all the Year.*

After the Bread is drawn, diſperſe your Nuts thinly over the bottom of the Oven, and by this means the moiſture being dryed up, the Nuts will laſt all the Year; but if you perceive them to mould, put them into the Oven again.

183. *To make Cucumbers Green.*

You muſt take two quarts of Verjuice, or Vinegar, and a Gallon of fair water, a pint of bay-ſalt, and a handful of green Fennel or Dill, boil it a little, and when it is cold put it into a barrel, then put your Cucumbers into that Pickle, and you may keep them all the year.

184. *To Preſerve white Damſons Green.*

Scald white Damſons in water, till they be hard, then take them off, and pick as many as you pleaſe, take as much Sugar as they weigh, put two or three ſpoonfuls of water, then put in the Damſons and the ſugar, and boil them, take them off, then let them ſtand a day or two, then boil them again, take them off, and let them ſtand till they be cold.

185. *To make Cakes of Lemons.*

Take of the fineſt double refined ſugar, beaten very fine, and ſearced through fine Tiffany, and to half a Porringer of ſugar put two ſpoonfuls of water, and boil it till it be almoſt ſugar again, then grate of the hardeſt Rinded Lemon, and ſtir it into

into your ſugar, put it into your coffins and a paper, and when they be cold, take them off.

186. *To make Artificial Walnuts.*

Take ſome ſugar-plate, and print it in a mould made for a Walnut-kernel, and then yellow it all over with a little ſaffron-water with a Feather, then take Cinamon ſearced, and ſugar a like quantity, working it in a Paſte with Gum-dragon ſteeped in Roſe-water, and print it in a mould made like a Walnut-ſhell, and when the kernel and ſhell be dry, cloſe them together with Gum-dragon.

187. *To make Black-Cherry-Wine.*

Take a Gallon of the juice of black-cherries, keep it in a Veſſel cloſe ſtoped, till it begin to work, then filter it, and an ounce of ſugar being added to every pint, and a Gallon of White-wine, and ſo keep it cloſe ſtopped for Uſe.

188. *To make Roſe-Vinegar.*

Take of Red-Roſe buds (gathered in a dry time, the whites cut off, then dry them in the ſhadow three or four days) one pound, of Vinegar eight ſextaries, ſet

them in the Sun forty days, then ſtrain out the Roſes and put in freſh, and ſo repeat it three or four times.

189. *To make Syrup of Vinegar.*

Take of the Roots of ſmalledg, Fennel, Endive, of each three ounces, Anniſeeds, ſmalledg, fennel, of each an ounce, Endive half an ounce, clear water three quarts, boil it gently in an Earthen Veſſel, till half the water be conſumed, then ſtrain and clarify it, and with three pound of Sugar and a pint and a half of white-wine Vinegar, boil it into a Syrup.

This is a gallant Syrup for ſuch whoſe Bodies are ſtuffed, either with phlegm, or tough Humours, for it opens Obſtructions or ſtopings, both of the ſtomack, Liver, Spleen and Reins, it cuts and brings away tough Flegm and Choler.

190. *To make Syrup of Apples.*

Take two quarts of the juyce of ſweet-ſcented Apples, the juice of Bugloſs, Garden, and Wild, of Violet-leaves, and Roſe-water, of each a pound, boil them together, and Clarifie them, and with ſix pound of very fine Sugar, boil them into a Syrup, according to Art.

191. *To*

191. *To make the Capon-water againſt a Conſumption.*

Take a Capon the Guts being pul'd out, cut it in pieces, and take away the Fat, boil it in a cloſe Veſſel in a ſufficient quantity of Spring water. Take of this Broath three pints, of Burrage and Violet-water a pint and a half, White-Wine one pint, Red-Roſe leaves two drams and an half, Burrage-Flowers, Violets, and Buglos of each one dram, pieces of bread out of the Oven half a pound, Cinamon bruiſed half an Ounce, ſtill it in a Glaſs Still according to Art.

This is a ſovereign Remedy againſt Hectick-Feavers, and Conſumptions, let ſuch as are ſubject to thoſe Diſeaſes, hold it as a Jewel.

192. *To make Elder-Vinegar.*

Gather the Flowers of Elder, pick them very clean, dry them in the Sun, on a gentle heat, and to every quart of Vinegar, take a good handful of Flowers, and let it ſtand in the Sun a fortnight, then ſtrain the Vinegar from the Flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a

quart

quart of Water, and put it into the barrel luke-warm.

193. *To make China Broath.*

Take an ounce of China-Root clipped thin, and ſteep it in three pints of Water all Night on Embers covered, the next day take a Cock-Chicken, clean pickt, and the Guts taken out, put in its belly Agrimony and Maiden-hair, of each half a handful, Raiſins of the Sun ſtoned, one good handful and as much *French* Barley; boyl all theſe in a Pipkin cloſe covered, on a Gentle Fire, for ſix or ſeven hours, let it ſtand till it be cold, ſtrain it, and keep it for your Uſe: Take a good Draught in the Morning, and at four in the After-noon.

194. *To make Paſte of tender Plums.*

Put your Plums into an Earthen Pot, and ſet it into a Pot of boyling water, and when the Plums are diſſolved, then ſtrain the thin Liquor from them through a Cloath, and reſerve that Liquor to make Quiddany, then ſtrain the pulp through a piece of Canvas, and take as much Sugar as the pulp in weight, and as much water as will wet the ſame, and ſo boyl

it

it to a Candy height, then dry the pulp upon a Chafing-dish of Coals, then put your Syrup and the pulp so hot together, and boyl it, always stiring it till it will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is somewhat dry, then use it, but put to it the pulp of Apples.

195. *To make Cream of Codlings.*

First scald your Codlings, and so peel off the skins, then scrape the pulp from the Cores, and strain them with a little Sugar and Rose-water, then lay your pulp of Codlings in the middle of the Dish, and so much raw Cream round it as you please, and so serve it.

196. *To make Sugar of Roses*

Take of Red-Rose-Leaves, the whites being cut off, an Ounce, dry them in the Sun speedily, put to it a pound of white Sugar, melt the Sugar in Rose-water, and Juice of Roses, of each two Ounces, which being consumed by degrees, put in the Rose-Leaves in powder, mix them, put it upon a Marble, and make it into Lozenges according to Art.

197. *To make a Cream Tart.*

Cut the cruſt of a Manchet, and grate it ſmall, and mix it with thick Cream, and ſome ſweet Butter, then take twenty-four Yolks of Eggs, and ſtrain them with a little Cream, putting thereto a good quantity of Sugar, mix theſe very well, and ſet it upon a ſmall fire, and ſo let it boil till it be thick, then make two ſheets of paſte as thin as you can, and raiſe the ſides of one of them the height of one of your fingers in breadth, and then fill it, and cover it with the other ſheet, then bake it half a quarter of an hour, then put Sugar on it, and ſo ſerve it.

198. *To make Artificial Oranges.*

Take Alablaſter Moulds made in three pieces, bind two of the pieces together, and water them an hour or two, then take as much Sugar as you think will fill your Moulds, and ſo boil it to a height, then pour it into your Moulds one by one very quick: Then put on the Lid of the Mould, and ſo turn it round with your Hand as quick as you can, and when it is cold, take it out of the Mould, and they will be both whole, and hollow within, and ſo it will appear

appear, and reſemble the Mould wherein it is put, whether Oranges, Lemons, Cucumbers, or the like.

199. To *make Poppy-Water.*

Take of Red Poppies four pound, put to them a quart of White-wine, then Diſtil them in a common Still, then let the diſtilled water be poured upon freſh Flowers, and repeated three times, to which add two Nutmegs ſliced, Red Poppy-Flowers a pugil, white Sugar two ounces, ſet it to the Fire, to give it a pleaſing ſharpneſs, and order it according to your taſte.

200. To *make* Mathiolus Bezoar *Water.*

Take of Syrup of Citron-peels a quart, and as much of Dr. *Mathiolus* great Antidote, with five Pints of the Spirit of Wine five times diſtill'd over, put all theſe in a Glaſs that is much too big to hold them, ſtop it cloſe that the Spirit fly not out, then ſhake it together, that the Electuary may be well mingled with the Spirit, ſo let it ſtand a Moneth, ſhaking it together twice a week (for the Electuary will ſettle at the bottom) after a moneth pour off the clear water into

to another Glaſs, to be kept for your uſe, ſtoping it very cloſe with Wax and Parchment, elſe the ſtrength will eaſily fly away in Vapours.

201. *To make Marmalade of Red Currans.*

Take the juice of Red Currans, and put into a pretty quantity of White Currans, clean pickt from the ſtalks, and buttons at the other end; let theſe boyl a little together, have alſo ready ſome fine Sugar boyl'd to a Candy height, put off this to the Currans, according to your diſcretion, and boyl them together till they be enough, and bruiſe them with the back of your ſpoon, that they may be thick as Marmalade, and when it is cool put it into Pots: You need not ſtone the whole Currans unleſs you pleaſe.

202. *To make a Syllabub.*

Take a Pint of Verjuice in a bowl, Milk the Cow to the Verjuice, then take off the Curd, and take ſweet Cream, and beat them together with a little Sack and Sugar, put it into your Syllabub pot, ſtrew Sugar on it, and ſerve it.

203. *To make pleaſant Mead.*

Put a quart of Honey to a Gallon of Water, with about ten ſprigs of Sweet-marjoram, and half ſo many tops of Bays, boyl all theſe well together, and when it is cold, bottle it up, and in ten days it will be ready to drink.

204. *To make Steppony.*

Take a Gallon of Conduit-water, a pound of blew Raiſins of the Sun ſtoned, and half a pound of Sugar, ſqueeſe the juice of two Lemons upon the Raiſins and Sugar, and ſlice the Rindes upon them: boyl the water, and pour it boyling hot upon the Ingredients in an Earthen Pot, and ſtir them well together, ſo let it ſtand Twenty four hours; then put it into bottles, having firſt let it run through a ſtrainer, and ſet them in a Cellar, or other cool place.

205. *To make Syder.*

Take a Peck of Apples and ſlice them, and boyl them in a Barrel of Water, till the third part be waſted; then cool your water as you do for Wort, and when it is cold, you muſt pour the water upon three meaſures

meaſures of grown Apples. Then draw forth the Water at a Tap three or four times a day for three days together, then preſs out the Liquor and Tun it up, when it hath done working, ſtop it up cloſe.

206. *To make Cock-Ale.*

Take eight Gallons of Ale, then take a Cock and boil him well, with four pound of Raiſens of the Sun well ſtoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates, beat all theſe in a Mortar, and put to them two quarts of the beſt Sack, and when the Ale hath done working, put theſe in and ſtop it cloſe ſix or ſeven days, and then bottle it, and a Moneth after you may drink it.

207. *To make a Carraway-Cake.*

Take three pound and a half of the fineſt Flower and dry it in an Oven, one pound and a half of Sweet butter, and mix it with the Flower till it be crumbled very ſmall, that none of it be ſeen, then take three quarters of a pint of new Ale-Yeaſt, and half a pint of Sack, and half a pint of New Milk, with ſix ſpoonfuls of

of Roſe-water, and four Yolks, and two Whites of Eggs, then let it lye before the Fire half on hour or more, and when you go to make it up, put in three quarters of Carraway-Cumfits, and a pound and half of biskets. Put it into the Oven, and let it ſtand an hour and an half.

208. *To make Strawberry-Wine.*

Bruiſe the Strawberries, and put them into a Linnen bag which hath been a little uſed, that ſo the Liquor may run through more eaſily, then hang in the bag at the bung into the Veſſel. Before you put in your Strawberries, put in what quantity of Fruit you think good to make the Wine of a high Colour, during the working, leave the bung open, and when it hath worked enough, ſtop your Veſſel. Cherry-wine is made after the ſame Faſhion, but then you muſt break the Stones.

209. *To make a Cordial Water of Clove-gilly-flowers.*

Put Spirit of Wine, or Sack upon Clove-gilly-flowers, digeſt it two or three days, put all in a Glaſs-body, laying other Clove-gilly-flow'rs at the mouth of

of it upon a Cambrick or Boulter-cloath, (that the Spirit riſing, and paſſing through the Flowers, may ting it ſelf of a beautiful Colour) add a Head with a Limbeck and Receiver: Then Diſtil the Spirit as ſtrong as you like it, which ſweeten with Syrup of Gilly-flowers, or fine Sugar.

210. *To make an Excellent Surfeit-Water.*

Take Mint and Carduus four parts, Angelica one part, Wormwood two parts; chop and bruiſe them a little, put a ſufficient quantity of them into an Ordinary Still, and put upon them enough new milk to ſoak them, but not to have the Milk ſwim much over them. Diſtil this as you do Roſe-water, ſtirring it ſometime with a ſtick, to keep the milk from growing to a Cake.

211. *To make Mint-water.*

Take two parts of Mint, and one part of Wormwood, and two parts of Carduus, put theſe into as much New-milk as will ſoak them: Let them infuſe five or ſix hours, then Diſtill as you Diſtill Roſe-water, but you muſt often take off the

the Head, and ſtir the Matter well with a ſtick: Drink of this Water a Wine-glaſs full at a time, ſweetned with fine Sugar to your taſte.

212. *To pickle Artichoaks.*

Take your Artichoaks before they are overgrown, or too full of ſtrings, and when they are pared round, then nothing is left but the bottom, boyl them till they be indifferent tender, but not full boyled, take them up, and let them be cold, then take good ſtale beer, and White Wine, with a great quantity of whole Pepper, ſo put them up into a barrel, with a ſmall quantity of Salt, keep them cloſe, and they will not be ſour, it will ſerve for baked Meats, and boyled Meats all the Winter.

213. *To make Rasberry Cream.*

When you have boyled your Cream, take two Ladlefulls of it, being almoſt cold, bruiſe the Rasberries together, and ſeaſon it with Sugar, and Roſe-water, and put it into your Cream, ſtirring it altogether, and ſo diſh it up.

214. To *make Snow-Cream.*

Break the whites of 6. Eggs, put thereto a little Roſe-water, beat them well together with a bunch of Feathers, till they come perfectly to reſemble Snow; then lay on the ſaid Snow in heaps upon other Cream that is cold, which is made fit for the Table; you may put under your Cream in the bottom of the Diſh, part of a penny *Loaf*, and ſtick therein a branch of Roſemary or Bays, and fill your Tree with the ſaid Snow to ſerve it up.

215. *To make Hidromel.*

Take eighteen quarts of Spring-water, and one quart of Honey; when the water is warm, put the Honey into it, when it boyls up ſcum it very well, even as long as any ſcum will riſe; then put in one Race of Ginger, ſliced in thin ſlices, four Cloves, and a little ſprig of green Roſemary; boyl all together an hour, then ſet it to cool till it be blood-warm, and then put to it a ſpoonful of Ale-yeaſt, when it is work'd up, put it into a Veſſel of a fit ſize, and after two or three days Bottle it up; you may drink it in ſix weeks or two Moneths.

216. *To make a whipt Syllabub.*

Take the whites of two Eggs, and a pint of Cream, with ſix ſpoonfuls of Sack, and as much Sugar as will ſweeten it, then take a Birchen Rod and whip it, as it riſeth in froth ſcum it, and put it into the Syllabub-pot, ſo continue it with whipping and ſcuming, till your Syllabub-pot be full.

217. *To make Marmalade of Cherries.*

Take four pound of the beſt *Kentiſh* Cherries before they be ſtoned, to one pound of pure Loaf-Sugar, which beat into ſmall powder, ſtone the Cherries, and put them into a Preſerving-Pan over a gentle Fire, that they may not boyl, but diſſolve much into Liquor. Take away with the ſpoon much of the thin Liquor, leaving the Cherries moiſt enough, but not ſwimming in clean Liquor; then put to them half your Sugar, and boyl it up quick, and ſcum away the Froth that riſeth; when it is well incorporated and clear, ſtrew in a little more of the Sugar, and continue ſo by little and little, till you have put in all your Sugar, which will make the Colour the fairer; when they

they are boyled enough, take them off, and bruiſe them with the back of a ſpoon, and when they are cold, put them up in Pots.

218 *To make a Flomery-Caudle.*

When Flomery is made, and cold, you may make a pleaſant and wholſome Caudle of it, by taking ſome lumps and ſpoonfuls of it, and boyl it with Ale and White-Wine, then ſweeten it to your taſte with Sugar. There will remain in the Caudle ſome lumps of the Congealed Flomery, which are not ingrateful.

219. *To Preſerve Fruit all the Year.*

Put the Fruit into a fit caſe of Tin, and ſoder it together, ſo that no Air can get in; then lay it at the bottom of a cold Well in Runing water.

220. *To make a moſt Rich Cordial.*

Take Conſerve of Red Roſes, conſerve of Orange-Flowers, of each one Ounce; *Confect. Hyacinthi*, Bezoardick, Theriacal Powder, of each two Drams, confection of Alkermes one Dram, of powder of Gold one Scruple; mix all theſe well together in the form of an Opiate,

and

and if the compoſition be too dry, add to it ſome Syrup of Red Currans, as much as is needful; take of this compoſition every Morning the quantity of a Nut.

221. *To Pickle Red and White Currans.*

Take Vinegar and White-wine, with ſo much Sugar as will make it pretty ſweet, then take your Red and White Currans being not fully Ripe, and give them one walm, ſo cover them over with the ſaid Pickle, keeping them always under Liquor.

222 *To make Red Currans-Cream.*

Bruiſe your Currans with ſome boiled Cream, then ſtrain them through your ſtrainer, or Sieve, and put the liquid ſubſtance thereof to the ſaid Cream, being almoſt cold, and it will be a pure Red; ſo ſerve it up.

223. *To Preſerve Medlers.*

Take the weight of them in Sugar, adding to every pound thereof a pint and a half of fair water, let them be ſcalded therein, till their skin will come off, then take them out of the Water, and ſtone

them at the Head, then add your Sugar to the Water and boil them together, then ſtrain it, and put your Medlers therein, let them boyl a pace till it be thick, take them from the Fire, and keep them for Uſe.

224. To *Preſerve Mulberries.*

Take the like weight of Sugar as of Mulberries, wet the Sugar with ſome of the juice thereof, ſtir it together, put in your Mulberries, and let them boil till they are enough, then take out your Mulberries, but let your Syrup boil a while after, then take it off and put it into your Mulberries, and let them ſtand till they be cold for your Uſe.

225. To *make white Mead.*

Take ſix Gallons of water, and put in ſix quarts of Honey, ſtiring it till the Honey be throughly melted, then ſet it over the Fire, and when it is ready to boil ſcum it very clean, then put in a quarter of an ounce of Mace, and as much Ginger, half an ounce, of Nutmegs, Sweet Marjoram, broad Thyme, and Sweet-Bryar, of all together a handful, and boil them well therein, then ſet it by till it be throughly

throughly cold, and then barrel it up, and keep it till it be Ripe.

226. *To make Naples-Bisket.*

Take of the ſame ſtuff the Mackroons are made of, and put to it an Ounce of Pine-Apple-ſeeds, in a quarter of a pound of ſtuff, for that is all the difference between the Mackroons and the Naples Biskets.

227. *To make Chips of Quinces.*

Scald them very well, and then ſlice them into a Diſh, and pour a Candy Syrup to them ſcalding hot, and let them ſtand all Night, then lay them on Plates, and ſearce Sugar on them, and turn them every day, and ſcrape more Sugar on them till they be dry. If you would have them look clear, heat them in Syrup, but not to boil.

228. *To make Lozenges of Roſes.*

Boil Sugar to a height, till it is Sugar again, then beat your Roſes fine, and moiſten them with the juice of Lemons and put them into it, let it not boil after the Roſes are in, but pour it upon a Pye-plate, and cut it into what form you pleaſe.

229. *To make Conſerve of Bugloſs-Flowers.*

Pick them as you do Burrage-Flowers, weigh them, and to every ounce add two ounces of Loaf Sugar, and one of Sugar-Candy, beat them together, till they become very fine, then ſet it on the Fire to diſſolve the Sugar, and when it is ſo done, and the Conſerve hot, put it into your Glaſſes, or Gally-pots, for your uſe all the Year.

230. *To Pickle Lemon and Orange-peel.*

Boil them with Vinegar and Sugar, and put them up into the ſame Pickle, you muſt obſerve to cut them into ſmall Thongs, the length of half the Peel of your Lemon, being pared, it is a handſom ſavoury Winter Sallet; boil them firſt in Water, before you boil them in Sugar.

231. *To make Gooſberry-Paſte.*

Take Gooſ-berries, and cut them one by one, and wring away the juice, till you have got enough for your turn, boil your juice alone, to make it ſomewhat thicker, then take as much Fine Sugar as your juice will ſharpen, dry it, and then beat it a-

gain

gain, then take as much Gum-dragon ſteeped in Roſe-water as will ſerve, then beat it into a Paſte in a Marble Mortar, then take it up, & print it in your Moulds and dry it in your Stove, when it is dry Box it up for your Uſe all the Year.

232. *To make Suckets of Lettuce-ſtalks.*

Take Lettuce-ſtalks and peel away the outſide, then parboil them in fair water, and let them ſtand all Night dry, then take half a pint of the ſame Liquor, and a quart of Roſe-water, and ſo boil it to a Syrup, and when the Syrup is almoſt cold put in your Roots, and let them ſtand all Night to take Sugar, then boil your Syrup again, becauſe it will be weak, and then take out your Roots.

233. *To make Musk-Sugar.*

Bruiſe four or five Grains of Musk, put it in a piece of Cambrick or Lawn, lay it at the bottom of a Gally-pot, and ſtrew Sugar thereon, ſtop your pot cloſe, and all your Sugar in a few days will both ſmell and taſte of Musk, and when you have ſpent that Sugar, lay more Sugar thereon, which will alſo have the ſame ſcent.

234. *To make Prince-Biſket.*

Take one pound of very fine Flower, and one pound of fine Sugar, and eight Eggs, and two ſpoonfuls of Roſe-water, and one Ounce of Carraway-ſeeds, and beat it all to batter all one hour, for the more you beat it, the better your bread is, then bake it in Coffins of white Plate, being baſted with a little butter, before you put in your batter, and ſo keep it.

235. *To Candy Roſe-Leaves.*

Boil Sugar and Roſe-water a little upon a Chafing-diſh of Coals, then put the Leaves (being throughly dryed, either by the Sun or by the fire) into the ſugar and boil them a little, then ſtrew the powder of double-refined ſugar upon them, and turn them, and boil them a little longer, taking the Diſh from the Fire, then ſtrew more powdered ſugar on the contrary ſide of the Flowers,

236. *To Preſerve Roſes or Gilly-flowers whole.*

Dip a Roſe that is neither in the bud nor over-blown, in a Syrup, conſiſting of ſugar double-refined, and Roſe-water boiled

boiled to its full height, then open the leaves one by one with a fine ſmooth bodkin either of bone or wood, then lay them on Papers in the heat, or elſe dry with a gentle heat in a cloſe Room, heating the room before you ſet them in, or in an Oven, then put them up in Glaſſes, and keep them in dry Cup-boards near the Fire.

237. *To make Jelly of Quinces.*

Take of the juice of Quinces Clarified ſix quarts, boil it half a way, and add to the remainder five pints of Old White-wine, conſume the third part over a gentle fire, taking away the ſcum as you ought, let the reſt ſettle and ſtrain it, and with three pound of ſugar boil it according to Art.

238. *To make Jelly of Currans.*

Take four pound of good ſugar, and clarifie it with whites of Eggs, then boil it to a Candy height, that is, till it go into flaſhes, then put to it five Pints, (or as much as you pleaſe) of the pure juice of Red-Currans, firſt boiled to clarifie it, by ſcuming it, boil them together a while, till they be ſcum'd well, and e-

nough to become a Jelly, then put a good handful or two of the berries of Currans whole, and cleanſed from the ſtalks and black End, and boil them till they are enough. You need not boil the juice before you put to the ſugar, neither ſcum it before the ſugar and it boil together, but then ſcum it clean, and take care that the juice be very clear, and well ſtrained.

239. *To make Syrup of Mint.*

Take of the juice of ſweet Quinces, and between ſweet and ſour, the juice of Pomegranats, ſweet, between ſweet and ſour, of each a pint and half, dryed Mint half a pound, Red-Roſes two Ounces, let them lye in ſteep one day, then boil it half away, and with four pound of ſugar boil it into Syrup according to Art.

240. *To make Honey of Mulberries.*

Take of the juice of Mulberries and Black-berries before they be Ripe, gathered before the Sun be up, of each a pound and half, Honey two pound, boil them to their due thickneſs.

241. *To make Syrup of Purſlain.*

Take of the ſeed of Purſlain groſly bruiſed half a pound, of the juice of Endive boiled and Clarified two pints, Sugar two pound, Vinegar nine Ounces, infuſe the ſeeds in the juice of Endive Twenty four hours, afterwards boil it half a way with a gentle Fire, then ſtrain it, and boil it with the Sugar to the conſiſtence of a Syrup, adding the Vinegar toward the latter end of the Decoction.

242. *To make Honey of Raiſins.*

Take of Raiſins of the Sun cleanſed from the ſtones two pound, ſteep them in ſix pints of warm water, the next day boil it half a way, and preſs it ſtrongly, then put two pints of Honey to the Liquor that is preſſed out, and boil it to a thickneſs: It is good for a Conſumption, and to looſen the Body.

243. *To make Syrup of Comfrey.*

Take of the Roots and Tops of Comfrey, the greater and the leſs, of each three handfuls, Red-Roſes, Betony, Plantain, Burnet, Knot-graſs, Scabious, Colts-foot, of each two handfuls, preſs

the juice out of them, all being green and bruiſed, boil it, ſcum it, and ſtrain it, add to its weight of Sugar, and make it into Syrup according to Art.

244. *To Pickle Quinces.*

Boil your Quinces whole in water till they be ſoft, but not too violently, for fear of breaking them, when they are ſoft take them out, and boil ſome Quinces pared, quartered, and cored, and the parings of the Quinces with them in the ſame Liquor to make it ſtrong, and when they are boiled that the Liquor is of a ſufficient ſtrength, take out the quartered Quinces and parings, and put the Liquor into a Pot big enough to receive all the Quinces both whole and quartered, and put them into it when the Liquor is through cold, and keep them for Uſe cloſe covered.

245. *To make Plague Water.*

Take a pound of Rue, of Roſemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red Brambles, Pimpernel, wild Dragons, Agrimony, Balm, Angelica, of each a pound, put theſe Compounds in a Pot, fill it with White-Wine above the

the Herbs, ſo let it ſtand four days, then Diſtil for your Uſe in an Alembeck.

245. *To make Quince-Cakes white.*

Firſt Clarifie the Sugar with the white of an Egg, but put not ſo much water to it as you do for Marmalade, before you Clarifie it keep out almoſt a quarter of the Sugar, let your Quinces be ſcalded, and chopt in ſmall Pieces, before you put it into the Syrup, then make it boil as faſt as you can, and when you have ſcumed it, and think it to be half boiled, then jamire it, and let the other part of your Sugar be ready Candyed to a hard Candy, and ſo put them together, letting it boil but a very little after the Candy is put to it, then put in a little Musk, and ſo lay it out before it be cold.

246. *To make Red Quince-Cakes.*

Bake them in an Oven with ſome of their own juice, their own Cores being out and bruiſed and put to them, then weigh ſome of the Quince being cut into ſmall pieces, taking their weight in Sugar, and with the Quince ſome pretty quantity of the juice of Barberries being baked, or ſtewed in a Pot, when you have taken

the

the weight in ſugar, you muſt put the weighed Quince, and above three quarters of the ſugar together, and put to it ſome little quantity of water as you ſhall ſee cauſe, but make not the Syrup too thin, and when you have put all this together, cover it, and ſet it to the Fire, keep it covered, and ſcum it as much as you can, when it is half boiled, then ſymmer it, let the other part of the ſugar have no more water put to it, then wet the Sugar well, and ſo let it boil to a very hard Candy, and when you think they be boiled enough, then lay them out before they be cold.

247. *To make clear Cakes of Quinces.*

Prepare your Quinces and Barberries as before, and then take the cleareſt Syrup, and let it ſtand on the Coals two or three hours, then take the weight of it in ſugar, and put near half the ſugar to the juice, and ſo let them boil a little on the fire, and then Candy the reſt of the ſugar very hard, and ſo put them together, ſtiring it till it be almoſt cold, and ſo put it into Glaſſes.

248. *To make Jelly of Raſpices*

Firſt ſtrain your Raſpices, and to every quart of juice add a pound and half of ſugar, pick out ſome of the faireſt, and having ſtrewed ſugar in the bottom of the skillet, lay them in one by one, then put the juice upon them with ſome ſugar, reſerving ſome to put in when they boil, let them boil a Pace, and add ſugar continually till they are enough.

249. *To make all ſorts of Comfits, and to cover Seeds, or Fruits, with Sugar.*

You muſt provide a baſon very deep, either of braſs or tin, with two Ears of Iron to hang with a Rope over an Earthen Pan with hot Coals, then provide a broad Pan for Aſhes, and put hot Coals upon them, and another clean baſon to melt your ſugar in, or a skillet, as alſo a Ladle of braſs to run the ſugar upon the ſeeds, together with a ſlice of braſs, to ſcrape away the ſugar from the baſon that hangs if there be occaſion, then take ſome of the beſt and faireſt ſugar you can get, and beat it into powder, cleanſe your ſeeds well, and dry them in the

the hanging baſon, put a quarter of a pound of ſeeds, whether Anniſeed, or Coriander-ſeeds, to every two pound of Sugar, and that will make them big enough, but if you would have them bigger, add the more Sugar, which you muſt melt thus; put three pound of Sugar into your baſon, adding to it one pint of clean Running-water, ſtir it well with a brazen ſlice, till it be well moiſtened, then ſet it over a clear fire and melt it well, and let it boil mildly till it Ropes from the Ladle, then keep it upon hot Embers but let it not boil, and ſo let it run upon the Seeds from the Ladle: If you would have them done quickly, let your water be boiling hot, and putting a Fire under the baſon, caſt on your Sugar boiling hot, put but as much water to the ſugar as will diſſolve the ſame, neither boil your ſugar too long, which will make it black, ſtir the ſeeds in the baſon as faſt as you can as you caſt on the Sugar, at the firſt put in but half a ſpoonful of the ſugar, moving the baſon very faſt, rubbing the ſeeds very well with your hand, which will make them take ſugar the better, and let them be very well dryed between every Coat, repeat

this

this rubbing and drying of them between every coat, which will make them the ſooner, for this way in every three hours you may make three pound of Comfits. A quarter of a pound of Coriander-ſeeds, and three pound of ſugar will make very large comfits, keep your Sugar always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry upon Papers, either before the Fire, or in the hot Sun, or in an Oven, which will make them very white.

250. To *Candy Nutmegs, or Ginger.*

Take a pound of fine ſugar, and ſix or ſeven ſpoonfuls of Roſe-water, Gum-Arabick the weight of ſix pence, but let it be clear, boil all theſe together till they Rope, put it then out into an Earthen Diſh, put to it your Nutmegs or Ginger, then cover it cloſe, and lute it with clay that no Air enter in, keep it in a warm place about twenty days, and they will Candy into a hard Rock-Candy, then break your Pot and take them out: In the ſame manner you may Candy Oranges and Lemons.

251. *To make Currans-Wine.*

Pick a pound of the beſt Currans, and put them in a deep ſtreight-mouth'd earthen Pot, and pour upon them about three quarts of hot Water, having firſt diſſolved therein three ſpoonfuls of the pureſt and neweſt Ale-yeaſt, ſtop it very cloſe, till it begins to work, then give it vent as is neceſſary, and keep it warm, for about three days it will work and ferment, taſte it after two days to ſee if it be grown to your liking, then let it run through a ſtrainer, to leave behind all the Currans, and the Yeaſt, and ſo bottle it up; it will be very quick and pleaſant, and is admirable good to cool the Liver, and cleanſe the blood, it will be ready to drink in five or ſix days after it is bottled, and you may drink it ſafely.

252. *To make a Sweet-Meat of Apples.*

Make your Jelly with ſlices of *John-Apples*, but firſt fill your Glaſs with ſlices cut round-ways, and pour in the Jelly to fill up the vacuities, let the Jelly be boiled to a good ſtiffneſs, and when it is ready to take from the Fire, put in ſome juice of Lemon and Orange, if you like

like it, but let them not boil, but let it ſtand upon the fire a while upon a pretty good heat, that the juices may incorporate well, a little Amber-greaſe added doth very well.

253. *To make Conſerve of Sage.*

Take about a pound of Flowers of Sage freſh blown, and beat them in a Mortar, afterward put them in a glaſs, and ſtop them cloſe, and then ſet them by a warm Fire, or in the Sun, and be ſure to ſtir them once a day at the leaſt, and it will keep good a twelve-moneth at the leaſt.

254. *To make Paſte of Cherries.*

Boil ſome fair Cherries in water till they come to pap, and then ſtrain them through a ſieve, then boil ſome good Pippins unto pap, alſo put a quarter of a pound of the Apple-pap to a pound of the pap of Cherries, and mingle them together, then dry it, and ſo make it up into Paſte.

255. *To make Marmalade of Oranges.*

After you have pared your Oranges very thin, let them be boiled in three or four

four waters, even till they grow very tender, then take a quarter of a hundred of good *Kentiſh* Pippins, divide them, and take out the cores, boil them very well to pap or more, but let them not looſe their colour, then paſs your Apples through a ſtrainer, and put a pound of Sugar to every pint of juice, then boil it till it will Candy, then take out the pulp of the Orange, and cut the Peel into long ſlices very thin, put in your Peel again, adding to it the juice of two or three Lemons, and boil up to a Candy.

256. *To make Paſte of Apricots.*

Let your Apricots be very Ripe, and then pare them, then put them into a skillet, and ſet them over the fire without water, ſtir them very well with a skimmer, and let them be over the fire till they be very dry, then take ſome Sugar and boil it into a Conſerve, and mix an equal quantity of each together, and ſo make it into Paſte.

257. *To Pickle Artichoak-Bottoms.*

Take the beſt bottoms of Artichoaks, and parboil them, and when they are cold and well drained from the water, and dryed

dryed in a Cloath, to take away all the moiſture, then put them into pots, and pour your brine upon them, which muſt be as ſtrong as you can make it, which is done by putting in ſo much Salt to it as it will receive no more, ſo that the ſalt ſinks whole to the bottome; cover over your Artichoaks with this water, and pour upon it ſome ſweet Butter melted to the thickneſs of two fingers, that no Air may come in; when the butter is cold, ſet up your Pot in a warm place, covered cloſe from Vermine. Before you put the bottoms in the pot, you ſhould pull off all the leaves and choak, as they are ſerved at Table: The beſt time to do this is in Autumn, when your Plants produce thoſe which are Young and Tender, for theſe you ſhould Pickle before they come to open and Flower, but not before their Heads are round, when you would eat them you muſt lay them in water, ſhifting the water ſeveral times, then boil them once again, and ſo ſerve them.

258. *To make Marmalade of Grapes.*

Take of the Faireſt and Ripeſt blew Grapes, gathered in the heat of the day, that their Moiſture be dryed up throughly, ſpread

ſpread them upon a Table or Hindle in a Room where the Air and Sun may come in, let them lye ſo for fifteen or ſixteen days, that they may both ſweat and ſhrink, if it be Cloudy or cold weather, you may put them into an Oven, when it is only warm, after which, preſs them well with your hands, cleanſing them from all the ſeeds and ſtalks, putting the husks and juice to boil in the Kettle, carefully ſcumming and clearing it from the ſeeds, reduce this Liquor alſo to a third part, diminiſhing the Fire as the Confection thickens, ſtirring often about with your ſpoon to prevent its cleaving to the Veſſel, and to make it boil equally, then ſtrain it through a ſieve, or courſe Cloath bruiſing the husks with your wooden Ladle to ſqueeze out the Subſtance, and then ſerving it out in a Preſs, then ſet it again on the Fire, and let it boil once more, keeping it continually ſtirring till you think it be ſufficiently boiled, then take it off, and pour it into Earthen Pans, that it may not taſte of the Kettle, and being half cold, put it into Gally-pots to keep, Let your pots ſtand open five or ſix days and then cover them with Paper that the paper may lye upon the Conſerve,

ſerve, and when the Paper grows mouldy put on another, till all the Superfluous moiſture is gon out, which will be in a little time if your Confection was well boiled, but if it were not you muſt boil it again.

259. *To Pickle Cornelians.*

Gather the faireſt and bigeſt Cornelians when they firſt begin to grow red, and after they have lain a while, put them up into a Pot or Barrel, filling them up with Brine, as for Artichoaks, and put to them a little green Fennel, and a few Bay-leaves to make them ſmell well, then ſtop them up very cloſe, and let them ſtand for a Moneth; if you find them too Salt, make the Pickle weaker before you ſerve them to Table.

260. *To make Jelly of Apples.*

Take either Pippins or *John-Apples* and cut them into quarters, either pared or unpared, boil them in a good quantity of water, till it be very ſtrong of the Apples, take out the clear Liquor, and put to it a ſufficient quantity of Sugar to make Jelly, with the ſlices of Apples, boil all together till the Apples be enough, and the

the Liquor like a Jelly; or elſe you may boil the ſlices in Apple-Liquor without Sugar, and make Jelly of other Liquor, and put the ſlices into it when they be Jelly and it is ſufficiently boiled, put to it ſome juice of Lemon and Amber, and Musk if you will.

261. To *make Jelly of Gooſeberries.*

Let your Goſeberries be full Ripe, then ſtrain them through a ſtrainer, and to every two pound of juice put three quarterns of Sugar, boil it before you mix it, and then boil it again together, when they are mixed try it upon a Plate, when it is enough it riſeth off.

262. To *make Bragget.*

Put two Buſhels and a half of Malt to one Hogſhead of water, the firſt running makes half a Hogſhead very good, but not very ſtrong, the ſecond is very weak: Boil but half a quartern of Hops, put your water to the Malt the Ordinary way, boyl it very well, and work it with very good Beer-yeaſt: Now, to make Bragget, take the firſt running of this Ale, but put leſs Honey in it than you do for your Ordinary Mead, put twice or thrice as much

much Spice and Hearbs, then put it in a Veſſel, after its working with the Yeaſt, hang within it a Bag of bruiſed Spices, rather more than you boiled it with, and let it hang in the Barrel all the while you draw it.

263. To *make* Italian *Marmalade.*

Take fifteen pound of Quinces, three pound of Sugar, and two pound of water, and boil them altogether, when it is well boiled ſtrain it by little and little through a Cloth as much as you can, then take the juice and put to it four pound of Sugar, and then boil it, try it on a Plate, to know when it is enough, and if it come off, take it preſently off the Fire, and put it in Boxes for your Uſe.

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1. *An Approved Remedy for the Stone and Gravel.*

TAke the hard Roe of a Red Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a ſix-pence every Morning faſting in a Glaſs of Rheniſh-Wine.

2. *An Excellent Drink for the Scurvy.*

Take a pound of Garden-Scurvy-Graſs, ſix handfuls of Wormwood and Elder-tops, one Ounce of Carraway-ſeeds, and one Ounce of Nutmegs, put them all together into ſix Gallons of New Ale, and let them work together, and after a convenient time of working, Drink of it every Morning Faſting.

3. *A Receipt for the Gout, known to be very helpful.*

Take five or ſix black Snails and cut off their Heads, then put to them one penny-worth of Saffron, and beat them together, and ſpread it on the woolly ſide of a piece of Sheeps Leather, and apply it to the Soles of the Feet, anointing the ſore place with the Marrow of a Stone-Horſe.

4. *For Griping of the Guts.*

Take Anniſeeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Biſtort, Balauſtius, Pomegranate-pills, each one Ounce, Roſe-leaves a handful, boil them in Milk, ſtrain it, and add the Yolk of an Egg, ſix Grains of Laudanum diſſolved in the Spirit of Mint, prepare it for a Glyſter, and give it warm.

5. *A Sovereign Medicine for any Ach or Pain.*

Take Barrows-greaſe, a Lap full of Arch-Angel-leaves, Flowers, Stalks and all, and put it into an Earthen Pot, and ſtop it cloſe, and paſte it, then put it in a Horſe Dung-hil nine days in the latter End

End of *May*, and nine days in the beginning of *June*, then take it forth, and ſtrain it, and ſo uſe it.

6. *For the Sciatica and Pains in the Joynts.*

Take Balm and Cinquefoil, but moſt of all Betony, Nep, and Featherfew, ſtamp them and drink the juice with Ale or Wine. *Probatum.*

7. *For an Ague.*

Take the Root of a blew Lilly, ſcrape it clean, and ſlice it, and lay it in ſoak all Night in Ale, and in the Morning ſtamp it and ſtrain it, and give it the Patient Luke-warm to Drink an hour before the Fit cometh.

8. *For all Feavers and Agues in Sucking Children.*

Take Powder of Chryſtal and ſteep it in Wine, and give it the Nurſe to Drink, alſo take the Root of Devils-pit, with the Hearb, and hang it about the Childs Neck.

9. *A good Medicine to ſtrengthen the Back.*

Take Comfrey, Knot-graſs, and the Flowers of Arch-Angel, boyl them in a little Milk, and drink it off every Morning.

10. *For the Head-ach.*

Take Roſe Cakes and ſtamp them very ſmall in a Morter with a little Ale, and let them be dryed by the Fire on a Tile-ſheard, and lay it to the Nape of the Neck to Bed-ward. *Proved.*

11. *For the Yellow Jaundiſe.*

Take a great white Onion, and make a hole where the Blade goeth out, to the bigneſs of a Cheſnut, then fill the hole with Treacle, being beaten with half an Ounce of *Engliſh* Honey, and a little Saffron, and ſet the Onion againſt the Fire, and Roaſt it well that it do not burn, and when it is Roaſted, ſtrain it through a Cloath, and give the juice thereof to the Sick three days together, and it ſhall help them.

12. *For*

12. *For the Black Jaundiſe.*

Take Fennel, Sage, Parſley, Gromwell, of each much a like, and make Pottage thereof with a piece of good Pork, and eat no other Meat that day.

13. *For Infection of the Plague.*

Take a ſpoonful of Running-water, a ſpoonful of Vinegar, a good quantity of Treacle to the bigneſs of a Haſel Nut, temper all theſe together, and heat it luke-warm, and drink it every four and twenty hours.

14. *For the Cramp.*

Take Oyl of Camomile, and Fenugreek, and anoint the Place where the Cramp is, and it helpeth.

15. *For the Ach of the Joynts.*

Take Marſhmallows and ſweet Milk, Linſeeds, powder of Cummin, the whites of Eggs, Saffron, and white greaſe, and Fry all theſe together, and lay it to the aking joynt.

16. *For an Ague.*

Take a Pottle of thin Ale, and put thereto a handful of Parsley, as much Red Fennel, as much Centory, as much Pimpernel, and let the Ale be half Consumed away, and then take and drink thereof.

17. *To make the Countess of* Kents *Powder.*

Take of the Magistery of Pearls, of Crabs-Eyes prepared, of white Amber prepared, Harts-Horn, Majestery of white Coral, of *Lapis contra Tarvam*, of each a like quantity, to these Powders infused, cut off the black tops of the great Claws of Crabs, the full weight of the rest: Beat these all into a fine Powder, and search them through a fine Lawn search: To every ounce of this powder add a Dram of *Oriental Bezoar*, make all these up into a Jump, or Mass with Jelly of Harts-Horn, and colour it with Saffron, putting thereto a scruple of Amber-grease, and a little Musk also finely powdered, and dry it in the Air, after they are made up into small quantities, you may give to a Man twenty grains, and to a Child twelve Grains. It is excellent against all Malignant, and pesti-

peſtilent Diſeaſes, *French* Pox Small-Pox, Meaſles, Plague, Peſtilence, Malignant or Scarlet Feavers, and Melancholy, twenty or thirty Grains thereof being exhibited (in a little warm Sack, or Harts-Horn-Jelly) to a Man, and half as much, or twelve Grains to a Child.

18. *For the Falling Sickneſs, or Convulſions.*

Take the Dung of a Peacock, make it into Powder, and give ſo much of it to the Patient as will lye upon a Shilling, in a little Succory-water, Faſting.

19. *For the Pluriſie.*

Take the round balls of Horſe-Dung, and boyl them in a pint of White-wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, let the Patient drink of this, and then lye warm.

20. *To prevent Miſcarrying.*

Take Venice Turpentine, ſpread it on black brown paper, the breadth and length of a hand, and lay it to the ſmall of her back, then let her drink a Caudle made of Muſcadine, putting into it the husks of about twenty ſweet Almonds dryed, and finely powdered.

21. *For the Worms in Children.*

Take Wormſeed boyled in Beer and Ale, and ſweetned with Clarified Honey, and then let them drink it.

22. *For the Whites.*

Take white waſhed Turpentine, and make up in balls like Pills, then take Cinamon, and Ginger, and roul the balls in it, and take them as you would do Pills, Morning and Evening. *Proved.*

23. *For a dry Cough.*

Take Anniſeeds, Aſh-ſeeds, and Violets, and beat them to powder, and ſtamp them, of each a like quantity, then boyl them together in fair water till it grows thick, then put it up, and let the Patient take of it Morning and Evening.

24. *To make* Unguentum Album.

Take a pint of Oyl-Olive, and half a pound of Diaculum, Anniſeeds a pretty quantity and put them together, and put thereto a pound of Ceruſe ſmall grounded, boyl them together a little, and ſtir them alway till it be cold, and it is done.

25. *To*

25. *To deſtroy the Piles.*

Take Oyl of Roſes, Frankincenſe, and Honey, and make an Oyntment of them, and put it into the Fundament, and put Myrrh unto the ſame, and uſe often to annoint the Fundament therewith, and let the Fume thereof go into the Fundament,

26. *For the Canker.*

Take a handful of unſet Leeks, with the Roots and a ſmall quantity of Yarrow, and boyl them in White-Wine, till they be all very ſoft, then ſtrain and Clarifie them, and let the Patient drink thereof Morning and Evening blood-warm.

27. *For the Itch.*

Take the Juice of Penny-royal, the juice of Savin, the juice of Scabious, the juice of Sage, the juice of Pellitory, with ſome Barrows greaſe and black ſoap, temper all theſe together, & make a Salve for the Itch.

28. *For the Kings Evil.*

Take two Ounces of the Water of Broom-flowers Diſtilled, and give it in the Morning to the Patient Faſting, and it will purge the evil Humour downward,

and

and waſteth, and healeth the Kernels without breaking them outwardly.

29. *To break an Impoſthume.*

Take a Lilly-root and an Onion, and boyl them in water till they be ſoft, then ſtamp them, and fry them with Swines greaſe, and lay it to the Impoſthume as hot as the Patient may ſuffer it.

30. *For Biting of a Mad Dog.*

Stamp large Plantain, and lay it to the grieved place, and it will Cure the Sore.

31. *For the Green-Sickneſs.*

Take the Keys of an Aſhen-Tree dryed and beaten to powder, and take of red Fennel, red Sage, Marjoram, and Betony, and ſeeth them in Running-water, from a Pottle to a quart, then ſtrain them, and drink thereof a good draught with Sugar Morning and Evening luke-warm.

32. *For Deafneſs.*

Take of Wild Mint, mortifie it, and ſqueeze it in the hand till it rendreth juice, then take it with its juice and put it into the Ear, change it often, this will help the Deafneſs if the perſon hath hard before.

33. *For*

33. *For the Dropſie.*

Take a Gallon of VVhit-wine, and put into it a handful of *Roman* Wormwood, and a good piece of Horſe-Radiſh, and a good quantity of Broom-Aſhes tyed in a cloath, then take a good bunch of Dwarf Elder, beat it in a Mortar, & ſtrain out the juice, and put into the Wine when you will drink it, but if the Dwarf-Elder be dry, you muſt ſteep a good quantity in the Wine. Take of this half a pint Morning and Evening.

34. *For a Sprain in the Back, or any other Weakneſs.*

Take a quarter of a pint of good Muſkadine, a ſpoonful of Madder, Incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may uſe it often in a day. This will ſtrengthen the Back exceedingly.

35. *An Excellent Remedy for Sore Eyes.*

Take a Gallon of pure Running-water, and eight Drams of white Coperas, and as much of fine white Salt, mix them togegether, and let it ſimper half an hour over a ſlow Fire, and then ſtrain it for Uſe.

Catholi-

Catholicon.

36. *A moſt Excellent Cordial.*

Take half a Peck of Ripe Elder-Berries, pick them clean, and let them ſtand two or three days in an Earthen pan, till they begin to ſoar or mould, then bruiſe and ſtrain them, and boil the Liquor till half be conſumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

37. *A Medicine for an Ague.*

Take a quart of the beſt Ale, and boyl it to a pint, and let the party drink it as hot as he is able, and then let the Patient lye down upon a bed, and be covered warm when the firſt Fit grudges, and let a baſon be ready to Vomit in.

38. *Another for an Ague.*

Take a large Nutmeg, and ſlice it, and ſo much Roch-Allom beaten to powder, and put them both into one pint of the beſt White-wine, and incorporate them well together, and let the Patient take one half thereof about half an hour before the Fit

Fit, and then walk a pace, or uſe ſome other Laborious Exerciſe, and when the Fit begins to come, take the other half, and continue Exerciſe. Both theſe I have known to Cure to Admiration.

39. For a great *Lax*, or *Looſeneſs*.

Take one quart of New Milk, and have ready one half pint of Diſtilled Plantain-water, and ſet your Milk over the Fire, and when your Milk by boyling riſes up, take two or three ſpoonfuls, as Occaſion ſhall be, to allay the riſing, and when it riſes again, do the like, and ſo in like manner till the Plantain-water be all in, and then boyling up as before, let the Patient drink thereof warmed hot, or how elſe he likes it; I never yet have found it fail of Curing.

40. For *Curing of Deafneſs*.

Take Herb-of-Grace, and pound it, then ſtrain it, and take two ſpoonfuls of the Juice, and put thereto one ſpoonful of Brandy-wine, and when it is well evaporated, dip therein a little black wool, or fine Lint, being firſt bound with a ſilk thread, and put it into your Ear.

41. *For*

41. *For the Scurvy.*

Take half a peck of Sea-Scurvey-graſs, and as much Water-creſſes, of Dwarf-Elder, *Roman* Wormwood, Red Sage, Fumitory, Harts-Horn, and Liverwort, of each one handful, waſh the Water-creſſes, and dry them well, the other Herbs muſt be rubb'd clean, and not waſhed, then add one Ounce of Horſe-Raddiſh, & a good handful of Madder-Roots, beat theſe with the Herbs, and ſtrain the juice well out, for the laſt is beſt, then ſet it on a quick Fire, and ſcum it clean, then let it ſtand till it be ſettled, and when it is quite cold bottle it up, and keep it in a cold place: You muſt take four or five ſpoonfuls with one ſpoonful of Syrup of Lemons put into it each Morning Faſting, and Faſt one hour after it.

42. *An Excellent Remedy to Procure Conception.*

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two Drams, of the Root of *Engliſh* Snake-weed in fine powder one Dram, Purſlain-ſeed, Nettle-ſeed, Rocket-ſeed, all in ſubtle powder, of each two

two drams: Candied Nutmegs, Eringo-Roots, Satyrion-Roots Preserved, Dates, Pistachoes, Conserve of Succory, of each three drams, Cinamon, Saffron in fine powder, of each a scruple, Conserve of Vervain, Pine-Apple-Kernels picked and pilled, of each two drams, stamp and work all these Ingredients in a Mortar to an Electuary, then put it up into Gally-Pots, and keep it for Use: Take of this Electuary the quantity of a good Nutmeg, in a little Glass full of White-Wine, in the Morning Fasting, and at four a Clock After-noon, and as much at Night going to Bed, but be sure do no violent Exercise.

43. *For a sore Breast not Broken.*

Take Oyl of Roses, Bean-flower, the Yolk of an Egg, a little Vinegar, temper all these together, then set it before the Fire that it may be a little warm, then with a Feather strike it upon the Breast Morning and Evening, or any time of the day she finds it pricking.

44. *To Heal a sore Breast when Broken.*

Boyl Lillies in New Milk and lay it on to break it, and when it is broken Tent it with a Mallow-stalk, & lay on it a Plaister of

of Mallows boyled in Sheeps Tallow; theſe are to be uſed if you cannot keep it from breaking.

45. *For a Conſumption.*

Take a pound and half of Pork, Fat and Lean, and boyl it in water, and put in ſome Oat-meal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the Patient a draught in the Morning, Afternoon, and Evening, and now and then ſome Barly-water.

46. *For the Falling-Sickneſs.*

Take Powder of Harts-horn, and drink it with Wine, and it helpeth the Falling-Evil.

47. *For the Tooth-Ache.*

Take Featherfew and ſtamp it, and ſtrain it, and drop a drop or two into the contrary Ear to the pain, and lie ſtill half an hour after.

48. *For a Wen.*

Take black Soap, and mix with unſlaked Lime, made into powder, and lay it upon the Wen or Kernel.

49. *For the Wind.*

Take the juice of Red Fennel, and make a Poſſet of Ale therewith, and drink thereof.

50. *An Excellent Medicine for the Dropſie.*

Take two Gallons of New Ale, then take Setwel, Calamus Aromaticus, and Galingale, of each two penny-worth, of Spikenard four penny-worth, ſtamp all together and put them into a Bag, and hang it in the Veſſel, and when it is four days old drink it Morning and Evening.

51. *For a Scald-Head.*

Waſh thy Head with Vinegar and Camomile ſtampt and mingled together; there is no better help for the Scald: Or grind white Hellebore with Swines greaſe, and apply it to the Head.

52. *To make the Plague-water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmſey or Muſcadine till one pint be waſted, then take it off the Fire, and ſtrain the Wine from the Herbs, then put into

into the Wine two penny-worth of long-pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all groſly bruiſed, and let it boyl a little again. Then take it off the Fire, and diſſolve in it half an Ounce of good Venice Treacle, and a quarter of an Ounce of Mithridate, and put to it a quarter of a pint of ſtrong Angelica-Water, ſo keep it in a Glaſs cloſe ſtopped, for your Uſe. This Water Cureth Small-Pox, Meaſles, Surfeits, and Peſtilential Fevers.

53. *A Precious Eye-water for any Diſeaſes of the Eye, often Proved.*

Take of the beſt White-Wine half a pint, of white Roſe-water as much, of the Water of Celendine, Fennel, Eye-bright and Rue, of each two ounces, of prepared Tutia ſix Ounces, of Cloves as much, Sugar roſate a dram, of Camphire and Aloes, each half a dram, waſh the Eyes therewith.

54. *A Cordial Julep.*

Take Waters of Endive, Purſlain, and Roſes, of each two Ounces, Sorrel-water half a pint, Juice of Pomegranats, and for

Jack

lick thereof, Vinegar four Ounces, Camphire three Drams, Sugar one pound, boyl all theſe together in the form of a Julep, and give three or four Ounces thereof at a time.

55. To *make the Green Oyntment.*

Take a pound of Swines greaſe, one Ounce of Verdigreaſe, half a Scruple of *Sal Gemmæ*, this Oyntment may be kept forty years, it is good againſt Cancers and Running Sores, it fretteth away dead Fleſh, and bringeth New, and healeth old Wounds, put it within the Wound, that it feſter not.

56. *For Fits of the Mother.*

Take a brown Toaſt of ſcure bread of the neither Cruſt, and waſh it with Vinegar, and put thereto black Soap, like as you would butter a Toaſt, and lay it under the Navil.

57. For *the Rickets in Children.*

Take of Fennel-ſeeds, and Dill-ſeeds, but moſt of the laſt, boyl them in beer, and ſtrain it, and ſweeten it with Sugar, and let the Child drink often. *Probatum.*

58. *For*

58. *For the Shingles.*

Take the green leaves of Colts-foot ſtamped, and mingled with Honey, and apply it, and it will help.

59. *To heal a Fiſtula or Ulcer.*

Take Figgs and ſtamp them with Shoomakers-wax, and ſpread it upon Leather, and lay it on the Sore, and it will heal.

60. *For a Woman in Travel.*

Take ſeven or eight leaves of Betony, a pretty quantity of Germander, a branch or two of Penny-royal, three Marygolds, a branch or two of Hyſſop, boyl them all in a pint of White-wine or Ale, then put into it Sugar and Saffron, and boyl it a quarter of an hour more, and give it to drink warm.

61. *To make a Woman be ſoon Delivered, the child being dead or alive.*

Take a good quantity of the beſt Amber, and beat it exceeding ſmall to pouder, then ſearſe it through a fine piece of Lawn, and ſo drink it in ſome Broath or Caudle, and it will by Gods help cauſe the Patient to be preſently Delivered.

62. *For*

62. *For Infants troubled with Wind and Phlegm.*

Give them a little pure Sugar-Candy finely bruiſed in Saxifrage-water, or Scabious-water in a ſpoon well mingled together.

63. *A moſt Excellent Medicine to cauſe children to breed their Teeth eaſily.*

Take of pure Capons greaſe very well Clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and annoint the Childs Gums therewith three or four times a day when it is Teething, and they will eaſily break the Fleſh, and prevent Torments and Agues, and other Griefs which uſually accompany their coming forth.

64. *For Agues in Children.*

Take a ſpoonful of good Oyl of Populeon, and put thereto two ſpoonfuls of good Oyl of Roſes, mingle them well together, and then warm it before the Fire, annoint the Childs Joynts and Back, alſo his Fore-head and Temples twice a day, chafing the Oyntment well in.

65. *To*

65. *To cauſe a Young Child to go to Stool.*

Chafe the Childs Navil with May Butter before the Fire, then take ſome black wool and dip it in the butter, and lay it to the Navil, and it will procure a Stool: This is alſo good for one in Years, that can take no other Medicine.

66. *For Worms in Children.*

Take of Myrrh and Alloes very finely powdered, of each a penny-worth, and put thereto a few drops of Chymical Oyl of Wormwood or Savine, and a little Turpentine; make theſe up into a Plaiſter, and lay it to the Childs Navil.

67. *To help one that is Blaſted.*

Take the white of an Egg, and beat it in a Mortar, put to it a quarter of an Ounce of Coperas, and grind them well together, till it come to an Oyntment, and therewith annoint the Sore Face, and it will eaſe the pain, and take away the Swelling; and when it is well nigh whole annoint the place with a little Populeon, and that will make the skin fair and well again.

68. *An Excellent Salve.*

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red Lead, boyl all together in a New Earthen Pipkin, keeping it ſtirring all the while till it grows of a darkiſh Colour, then keep it for Uſe, or make Sear-cloaths of it while it is hot.

It is moſt approved againſt any Pain, Sore, Scald, Cut, Burn; to ſtrengthen the back, or remove any old Ach whatſoever.

69. *A Julep of Dr.* Trench, *for the Fits of the Mother.*

In the time of the Year Diſtil Black-Cherry-water, Piony-flower-water, Cowſlip-water, Rue, or Herb-grace-water; then take of the waters of Cowſlip, Black-Cherries, Piony, Rue, of each an ounce, and add to them water of Caſtor half an ounce, Cinamon water one dram, Syrup of Clove-gilly flowers three drams, mix all theſe together, and take two ſpoonfuls at a time of it, as often as you pleaſe.

70. *For a Tympany.*

Take a handful of the bloſſoms of Marigolds, ſtamp them, and ſtrain them, and

give the juice thereof to the Patient in a draught of Ale Faſting.

71. *To Provoke Terms, a good Medicine.*

Take Wormwood and Rue, of each one handful, with five or ſix Pepper-corns, boyl them all together in a quart of white-wine or Malmſey, ſtrain it and drink thereof.

72. *For the Bloody-flux, or Scouring.*

Take a great Apple, and cut out the Core, and put therein pure Virgins-wax, then wet a Paper and lap it therein, then rake it up in the Embers, and let it Roaſt till it be ſoft, then eat of it as your ſtomack will give leave.

73. *For a Rheumatick Cough, or Cold.*

Take a pint of Hyſop-water, Syrup of Gilly-flowers, Syrup of Vinegar, Syrup of Maiden-hair, Syrup of Colts-foot, of each one ounce, mingle them all together, and drink it when you pleaſe,

74. *To kill a Fellon.*

Take an Egg and Roaſt it hard, and take out the Yolk thereof, then Roaſt an Onion

Onion ſoft, and beat the Yolk and the Onion together, and lay it to the ſore, and it will kill the Fellon.

75. For *the white* Flux.

Take the Powder of the Flower of Pomegranats, and drink it in Red Wine.

76. For *the Red* Flux.

Take *Sperma Cæti*, and drink it, and truſs up your ſelf with a piece of black Cotton.

77. For *the Cancer in a Womans Breaſt.*

Take the Dung of a Gooſe, and the Juice of Celandine, and bray them well in a Mortar together, and lay it to the Sore, and this will ſtay the Cancer, and heal it.

78. For *an Ague in the Breaſt.*

Take Grounſel, Daiſie-leaves and roots, and courſe Wheat ſifted, make a Poulteſs thereof with the parties own water, and lay it warm to the Breaſt.

79. For *Bleeding at the Noſe.*

Take Betony and ſtamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Noſe.

80. *For ſpitting of Blood.*

Take Smalledge, Rue, Mints, and Betony, and boyl them well in good Milk, and drink it warm.

81. *To ſtanch the Bleeding of a Wound, or at the Noſe.*

There is no better thing than the Powder of Bole-Armoniack, to ſtanch the bleeding of a Wound, the powder being laid upon it, or for the Noſe, to be blown in with a Quill. Or take the ſhavings of Parchment, and lay it to the Wound, and it ſtancheth and healeth.

82. *To make the Gaſcoign Powder.*

Take of Pearls, white Amber, Harts-Horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs Calcined, two ounces; to every Ounce of this Powder put in a dram of Oriental Bezoar, reduce them all into a very fine Powder, and ſearſe them, then with Harts-Horn-Jelly and a little Saffron put therein, make it up into Paſte, and make therewith Lozenges, or Trochices for your Uſe.

Get

Get your Crabs for this powder about *May*, or in *September* before they be boyled; dry your Lozenges in the Air, not by fire nor Sun.

83. *For the Megrim, or Impoſthume in the Head.*

Take four penny-weight of the Root of Pelitory of *Spain*, a Farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a ſpoonful of Honey, and a Saucer full of Muſtard, and mingle them well together, and hold thereof in your Mouth a ſpoonful at once, and uſe this eight or nine times, ſpitting it out Continually.

84. *For Pain in the Ears.*

Take the juice of Wild Cucumbers, and put it into the Ears, and it aſſwageth the Pain. Alſo put the wood of green Aſh in the Fire, and ſave the Liquor that cometh out at the End, and put it into the Ears, it cauſeth the pain to ceaſe, and amendeth the Hearing: Alſo beat the Juice of Wormwood, and drop it into the Ears.

85. *A Precious Water for the Eye-ſight, made by* K. Edward *the ſixth.*

Take Smalledge, Red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrane, Sage, Celandine, of each a like quantity, firſt waſh them Clean, then ſtamp them and put them in a fair Brazen pan, with the powder of fourteen or fifteen Pepper-Corns fair ſearced into a pint of good White-wine, put them into the Herbs, with three ſpoonfuls of Honey, and five ſpoonfuls of the water of a Man-Child that is ſound, mingle all together, and boyl them over the Fire, and when it is boyled, ſtrain it through a fine Linnen Cloath, and put it into a Glaſs, and ſtop it well and cloſe till you uſe it, and when you need, put a little thereof into the Sore Eyes with a Feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of Sore Eyes: This water was uſed by K. *Edward* the Sixth.

86. *My Lord* Dennies *Medicine for the Gout.*

Take Burdock-Leaves and ſtalks, cut them ſmall, and ſtamp them very ſmall, then

then ſtrain them, and cleanſe them, and when you have ſo done, put them into Glaſſes, and put pure Oyl of Olives on the top of them, and ſtop it cloſe from the Air, and when you would uſe it for the Gout, pour it into a porringer and warm it, and wet Linnen Cloaths in it, and apply it warm to the grieved place, warming your Cloaths one after another, as they grow cold that are on.

87. *Dr.* Stephen's *Sovereign Water.*

Take a Gallon of good Gaſcoign Wine, then take Ginger, Galingale, Cancel, Nutmeg, Grains, Cloves, Anniſeeds, Carraway-ſeeds, of each a dram; then take Sage, Mints, Red Roſes, Thyme, Pellitory, Roſemary, Wild Thyme, Camomile, Lavender, of each a handful, then bray both Spices and Hearbs, and put them all into the Wine, and let them ſtand for twelve hours, divers times ſtirring them, then Diſtil in an Alembeck, but keep that which you Diſtil firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt. This water comforteth the Vital Spirits, and helpeth inward Diſeaſes which come from Cold; it helpeth Conception in Women

that are Barren, and Killeth Worms in the body, it cureth the cold Cough, and helpeth the Tooth-ach, it comforteth the Stomack, and Cureth a ſtinking-breath, it preſerveth the body in good liking, and makes them look Young.

88. *The Water called* Aqua Mirabilis & Pretioſa, *made by Dr.* Willoughby.

Take of Galingale, Cloves, Mace, Cucubes, Ginger, Cardamum, Nutmegs, Melliot, Saffron four Ounces, and beat all theſe into Powder, Agrimony-water the quantity of a dram, and ſomewhat more; then take of the juice of Selandine half a pint and mingle all theſe together with a pint of good Aqua-Vitæ, and three pints of good White-Wine; put all theſe together in a Still of Glaſs, and let it ſtand ſo all Night, and on the Morrow Diſtil it with an eaſie Fire as may be: This water diſſolveth the Swelling of the Lungs without any Grievance, and helpeth, and comforteth them being wounded, and ſuffereth not the blood to putrifie; he ſhall never need to be let blood, that uſeth this water, it ſuffers not the Heart to burn, nor Melancholy, nor Rheum to have Dominion

nion above Nature; It alſo expelleth Rheum, and purifieth the Stomach.

89. *To make Allom-water.*

Take a pound of Allom, and beat it to Powder, then take a Gallon of Clean water and ſet it on the Fire, letting it boyl till all the Allom be melted, then take it off the Fire, and when it is cold put it into a Glaſs and keep it for your Uſe.

90. *To make an Excellent Electuary, called the Electuary of Life.*

Take *Scorlegio*, *Morre*, *Gentiana*, *Grandoret*, and *Jalaom*, of each a like quantity, ſtamp them and ſtrain them, and mingle them with Honey that hath been well boyled on the Fire, and ſcumed clean; This is Excellent for Sickneſs in the Stomach, or pain in the Belly, Heart or Head, or for thoſe that are bitten with any venemous beaſt, or Poyſoned; it muſt be taken in water, three or four ſpoonfuls at a time in the Morning Faſting; if the Diſeaſe be of any long time ſtanding, he muſt drink it fifteen days together, and he will be whole. *Probatum.*

91. *Againſt heat of the Liver.*

Take Fennel, Endive, Succory, Plantain, of each alike, Diſtil them with Red Wine and Milk, and uſe it every Morning, nine Spoonfuls at a time, with a draught of Wine and Sugar, or elſe five ſpoonfuls thereof alone.

92. For *Swooning Fits.*

For Swooning, and weakneſs of the Heart in Feaver and Sickneſs, or if it come from other cauſe, ſtamp Mints with Vinegar and a little Wine, if the patient have no Feaver, then toaſt a bit of bread till it be almoſt burnt, and put it therein till it be well ſoaked, then put it in the Noſe of the patient, and rub his Lips, Tongue, Gums Teeth, and Temples, and let him chew and ſuck the moiſtneſs thereof, and ſwallow it.

93. *A Water for the Eyes, to make a Man ſee in forty days, who hath been Blind ſeven Years before, if he be under fifty Years of Age.*

Take Smalledge, Fennel, Rue, Betony, Vervain, Agrimony, Cinqueſoil, Pimper-

Pimpernel, Eye-bright, Celandine, Sage, of each a quartern, waſh them clean, and ſtamp them, do them in a fair maſhing-pan, put thereto a quart of good White-wine and the powder of thirty Pepper-corns, ſix ſpoonfuls of Live Honey, and ten ſpoonfuls of the Urine of a Man-Child that is wholſom, mingle them well together, and boyl them till half be waſted, then take it down and ſtrain it, and afterwards Clarifie it, and put it into a Glaſs Veſſel well ſtopt, and put thereof with a Feather into the Eyes of the blind, and let the patient uſe this Medicine at Night when he goeth to bed, and within forty days he ſhall ſee: It is good for all manner of ſore Eyes. Wild Tanſie-water is good for the Eye-ſight, and eating of Fennel-ſeed is good for the ſame.

94. *For a Web in the Eye.*

The Leaves of white Honey-Suckles, and Ground-Ivy, of each a like quantity ground together, and put every day into the Eye, Cureth the Web. Or elſe Salt burnt in a Flaxen cloath, and tempered with Honey, and with a Feather annointed on the Eye-lids, killeth worms that annoy the Eye-lids.

95. *For*

95. *For moiſt Scabs after the Small-Pox.*

Take *Lapis Calaminaris*, Letharge of Gold and Silver, of each two drams, Brimſtone and Ceruſe two Ounces, bring all theſe into a fine powder, and then beat them in a Mortar with ſo much Barrows-greaſe as is ſufficient to make it up in an Oyntment, and annoint the places therewith Evening and Morning.

96. *To bring down the Flowers.*

Take of Alligant, Muskadine, or Claret a pint, burn it, and ſweeten it well with Sugar, put thereto two ſpoonfuls of Sallet-Oyl; then take a good Bead of Amber in powder in a ſpoon, with ſome of the Wine after it: Take this Evening and Morning.

97. *To ſtay the Flowers.*

Take Amber, Coral, Pearl, Jeat, of each alike, grind them to a fine powder, and ſearſe them, take thereof as much as will lye upon a ſix-pence with Conſerve of Quinces, and drink a draught of New milk after it: Uſe this every Morning.

98. *To*

98. *To Cure Corns.*

Take beans, and chew them in your mouth, and tye faſt to your Corn, and it will help: Do this at Night.

99. *To make Oyl of Roſes.*

Take Red Roſe-leaves a good quantity, and ſtamp in a Mortar, and put thereto Oyl-Olive, and let it ſtand in the Sun twelve days, and then put it in a Glaſs, and bind the Glaſs faſt about with Ropes of Hay, and ſet it in a pan full of water, and let it boyl ſoftly two hours, and then let it cool, then put it in ſmall Glaſſes, and put thereto the Leaves of Red Roſes all whole, and ſtop it faſt, and ſet it in the Sun for ſixteen days, and ſo uſe it at your need.

100. *For any Itch, or Breaking out.*

Take Frankincenſe, and beat it ſmall in a Mortar, and mingle it with Oyl of Bays, and therewith annoint all over, and it will deſtroy the Itch.

101. *For the Piles after Child-Birth.*

Make a Bath of Wormwood, Southern-wood, Cinamon-Rinde, and the bark of

of *Caſſia Fiſtula* boyled well in Wine; when the Woman delivered goeth forth of the Bath, put bombace, or Cotton with powder of Alloes mixed with Oyl of Penny-royal, unto her lower parts.

102. *For a Stitch in the Side.*

Take three handfuls of Mallows, boyl them in a little raw Milk, and put thereto a handful of Wheat-bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Stitch, apply it often. Or take a few leaves of Rue and Yarrow, ſtamp them together, and wring out the Juice, and drink it with a little Ale.

103. *For a Tertian, or double Tertian Ague.*

Take a good quantity of Celandine; a ſpoonful of Salt, and the bigneſs of an Egg in Leven, and as much Alligant and *Spaniſh* Soap, ſtamp them well in a Mortar, and make a plaiſter of them, and apply them to the Patients Feet one hour before the coming of the Fit, add thereto four or five yolks of Eggs. Or take of Anniſeed-water the beſt you can get, half a pound of Oyl of Vitriol, ſhake them well toge-

together, and drink one or two Spoonfuls thereof an hour before the Fit comes.

104. *For the Spleen.*

Boyl the Rindes and Keys of an Aſh-Tree very tender in White-wine, and drink a good draught thereof for ſix or ſeven Mornings together, and it will much eaſe the patient, when you drink this annoint the Spleen with *Unguentum Dialthea* every Morning and Evening, applying alſo a plaiſter of *Melilot* to the place.

105. *An Excellent Powder for the Green-Sickneſs.*

Take four ſcruples of Gentian made into fine powder, of Raſpt Ivory, and Harts-Horn, of each two ſcruples, make theſe into fine powder, and give a ſpoonful thereof with White-Wine, or the like at once.

106. *A Drink that healeth all Wounds without any Plaiſter or Oyntment, or without any taint moſt perfectly.*

Take Sanicle, Milfoil, and Bugle, of each a like quantity, ſtump them in a Mortar and temper them with Wine, and give the Sick that is Wounded to drink twice or thrice a day till he be whole:

Bugle

Bugle holdeth open the Wound, Milfoil cleanſeth the Wound, Sanicle healeth it; but Sanicle may not be given to him that is hurt in the Head, or in the Brain-pan, for it is dangerous. This is a good and tryed Medicine.

107. For *Pricking of a Thorn.*

Take of Violet-Leaves one handful, ſtamp them together, and take a quantity of Boars-greaſe, and of Wheat-bran one handful, ſet it on the fire in clean water and make a Plaiſter thereof, and lay it to the Grief.

108. *To make Oyl of St.* Johns *Wort good for any Ach or Pain.*

Take a quart of Sallet-Oyl, and put thereto a quart of Flowers of St. *Johns* Wort well picked, let them lye therein all the Summer, till the Seeds of the Herb be ripe, the Glaſs muſt be kept warm, either in the Sun, or the Water all the Summer, till the Seeds be Ripe, then put in a quart of St. *Johns* Wort-ſeed whole, and ſo let it ſtand twelve hours, the Glaſs being kept open, then you muſt boyl the Oyl eight hours, the water in the Pot full as high as the Oyl in the Glaſs, when it

it is cold ſtrain it, that the Seed remain not in it, and ſo keep it for your Uſe.

109. *For the Tiſſick.*

Take two ounces of Licoriſe ſcraped and bruiſed, of Figgs three ounces, of Agrimony, Horehound, *Enula Campana*, of each a handful, boyl them all together in a Gallon of water, till the half be waſted, then ſtrain the Herbs from the juice, and uſe it early and late. Alſo for the dry Tiſſick, ſtamp Fennel-Roots, and drink the juice thereof with White-Wine.

110. *To make Oyl of Fennel.*

Put a quantity of Fennel between two Tile-ſtones, or plates of Iron, make them very hot, and preſs out the Liquor; and this Oyl will keep a great while, for it is good for the Tiſſick, dry Scab, Burning, and Scalding.

111. *To make the Black Plaiſter for all manner of Griefs.*

Take a quantity of Oyl-Olive, a quantity of Red Lead, boyl theſe together, and ſtir them with a Slice of wood continually till it be black, and ſomewhat thick; then take it off the Fire, and put in it a penny-

penny-worth of Red wax, and a pound of Roſin, and ſet it to the Fire again, but do not blaze it, and ſtir it, then take it off, and let it ſtand till it be cold, and make it in a lump: It is good for a New Wound, or to ſtanch blood, pour a little of it in a diſh, and if it ſtick faſt to the Diſhes ſide, then it is enough, keep it for your Uſe as need requireth.

FINIS.

Beautifying Waters, Oyls, Ointments, and Powders, to Adorn and add Lovelineſs to the Face and Body.

1. *To make the Hair very Fair.*

WAſh your Hair very clean, and then take ſome Allom-water warm, and with a Sponge moiſten your Hair therewith, and it will make it fair. Or you may make a Decoction of Turmerick, Rubarb, or the Bark of the Barbery-Tree, and ſo it will receive a moſt fair and beautiful Colour.

2. *Another.*

Take the laſt water that is drawn from Honey, and waſh your head therewith, and it will make the Hair of an Excellent fair Colour, but becauſe it is of a ſtrong ſmell, you muſt perfume it with ſome ſweet Spirit.

3. *To*

3. *To make the Hair Grow thick.*

Make a ſtrong Lye, then take a good quantity of Hyſop-Roots, and burn them to Aſhes, and mingle the Aſhes and the Lye together and therewith waſh your Head; and it will make the Hair grow; alſo the Aſhes of Froggs burnt doth increaſe Hair, as alſo the Aſhes of Goats-dung mingled with Oyl.

4. *To make the Hair Grow.*

Take Marſh-Mallows, and boyl them, Roots and all, and waſh the Head therewith, and it will grow in a ſhort time: Alſo take a good quantity of Bees and dry them in a Siev by the fire, and make powder of them, and temper it with Oyl-Olive, and anoint the place where the Hair ſhould grow: Alſo take the Oyl of Tartar and warm it, and annoint any bald Head therewith, and it will reſtore the Hair again in a ſhort time.

5. *To make the Hair Fair.*

Take the Aſhes of a Vine burnt, of the Knots of Barley ſtraw, and Licoriſe, and Sow-bread, and Diſtil them together in fair water, and waſh the Head with it; alſo

alſo ſprinkle the Hair while it is Combing, with the powder of Cloves, Roſes, Nutmegs, Cardamum, and Galingale, with Roſe-water; alſo the Head being often waſhed with the Decoction of Beech-Nut-Trees, the Hair will become Fair.

6. *To make the Hair Grow.*

Take Haſle-Nuts with Husks and all, and burn them to powder, then take Beech-maſt, and the leaves of *Enula Campana*, and ſtamp the Herb & the Maſt together, then ſeeth them together with Honey, and annoint the place therewith, and ſtrew the powder thereon, and this will make the Hair grow.

7. *To take away Hair.*

Take the Juice of Fumitory, mix it with *Gum-Arabick*, then lay it on the place, the Hairs firſt plucked out by the Roots, and it will never permit any more Hair to grow on the place: Alſo annoint your Head with the juice of a Glo-worm ſtamped, and it hath the ſame Virtue.

8. *For the Falling of Hair.*

Take the Aſhes of Pigeons-dung in Lye, and waſh the Head therewith; alſo Wal-

nut-

nut-leaves beaten with Bears-ſuet, reſtoreth the Hair that is plucked away. Alſo the Leaves and middle Rinde of an Oak ſodden in Water, and the Head waſhed therewith is very good for this Purpoſe.

9. *To make the Face Fair.*

Take the Flower of beans and Diſtil them, and waſh the Face with the Water; ſome ſay, that the Urine of the Party is very good to waſh the Face withal, to make it Fair.

10. For *Cleanſing the* Face *and Skin.*

If the Face be waſhed with the Water that Rice is ſodden in, it cleanſeth the Face, and taketh away Pimples.

11. *A Water to Adorn the* Face.

Take Eggs cut in pieces, Orange-peels, the Roots of Melons, each as much as is ſufficient in a large Veſſel with a long Neck, Diſtil by an Alembeck, with a ſtrong and careful Fire.

12. *To Beautifie the* Face.

Take of Cuckow-pintle a pretty quantity, bruiſe the thick parts with Roſe-water, dry them by the Sun three or four days,

days, then pouring more Roſe-water on it, uſe it.

13. *To make the* Face *look* Youthful.

Take two Ounces of Aqua-vitæ, Bean-flower-water, and Roſe-water, each four Ounces, Water of Water-Lillies, ſix ounces, mix them all, and add to them one Dram of the whiteſt Tragacinth, ſet it in the Sun ſix days, then ſtrain it through a fine Linnen Cloath, waſh your Face with it in the Morning, and do not wipe it off.

14. *A Water to take away Wrinkles in the* Face.

Take of the Decoction of Briony and Figgs, each alike quantities, and waſh the Face with it.

15. *An Excellent Water, called* Lac Virginis, *or* Virgins Milk, *to make the* Face, Neck, *or any part of the Body fair and white.*

Take of *Alumen Plumoſi* half an ounce, of Camphire one ounce, of Roch-Allom one ounce and a Dram, *Sal Gemmi* half an ounce, of white Frankincenſe two ounces, oyl of Tartar one ounce and half, make all theſe into moſt fine Powder, and mix

mix it with one quart of Roſe-water, then ſet it in the Sun, and let it ſtand nine days, often ſtirring it, then take Litharge of Silver half a pound, beat it fine, and ſearce it, then boyl it with one pint of White-Wine-Vinegar, till one third part be conſumed, ever ſtirring it with a ſtick while it boyleth, then Diſtil it by a Philter, or let it run through a Jelly-bag, then keep it in a Glaſs Vial, and when you will uſe thoſe Waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called *Lac Virginis*; waſh your Face, or any part of your body therewith, it is moſt pretious for the ſame.

16. *To take away Sun-burn.*

Take the juice of a Lemon, and a little Bay-Salt, and waſh your Face, or Hands with it, and let them dry of themſelves, and waſh them again, and you ſhall find all the Sun-burn gone.

17. *To make the Face very Fair.*

Boyl the Flowers of Roſemary in White-wine with the which waſh your Face; alſo if you drink thereof, it will make you have a ſweet breath. Alſo to make the Face white, make Powder of the Root of Serpentine,

Serpentine, and of powder of *Sepia*, and mingle them with Roſe-Water, and let it dry, and then let it be put to the ſame water again, and dry again, do this four or five times, and then uſe to annoint the face therewith.

18 *To Clear the Skin and make it White.*

Take freſh Boars greaſe, and the white of an Egg, and ſtamp them together with a little Powder of Bays, and therewith annoint the Skin, and it will clear the Viſage, and make it white.

19. *To take away Freckles in the Face.*

Annoint your Face with Oyl of Almonds, and drink Plantain-water, or annoint your Viſage well and often with Hares blood.

20. *To ſmooth the Skin.*

Mix Capons-greaſe with a quantity of Sugar and let it ſtand for a few days cloſe covered, and it will turn to a clear Oyl with which annoint your Face.

21. *To Blanch the Face.*

Take the pulp of Lemons, and take out the Kernels, and put to them a quantity

of fine Sugar, Diſtil theſe, and keep the water to waſh your Face every Night.

22. *For Morphew or ſcurf of the Face or Skin.*

Take of Brimſtone beaten into powder two ounces, mix it with as much black Soap that ſtinketh, and tye the ſame in a Linnen Cloath, and let it hang in a pint of ſtrong Wine-Vinegar, or Red-Roſe-Vinegar, for the ſpace of eight or nine days; and therewith waſh any kind of Scurf, or Morphew, either in Face or Body, dipping a Cloath in the Vinegar, and rubbing it therewith, and let it dry of it ſelf. Alſo drink the water of Strawberries Diſtilled, or Tincture of Strawberries, it certainly killeth Morphew or Scurf.

23. *For taking away Spots in the Face, after the Small-Pox.*

Mix the Juice of Lemons with a little Bay-Salt, and touch the ſpots therewith often-times in a day, for it is excellent good.

24. *A good Oyntment for the ſame.*

Take Oyl of Sweet Almonds, Oyl of White Lillies, of either one Ounce; Ca-

pons-

pons-greaſe, Goats-Tallow, of each four Drams, Litharge of Gold one Dram and half, Roots of Briony, and of Ireos, of either one Scruple, Sugar-Candy white one Dram, make powder of all thoſe that may be brought into powder, and ſearſe them, then put them all in a Mortar together, beat them together, and in the working put thereto Roſes, Bean-flower, and white Lilly-water, of each a good ſpoonful, put in by little and little, and ſo work them together till they become an Oyntment; annoint your Face and Hands with it every Evening, and in the Morning waſh it away in water boyled with Barley, Wheaten-bran, and the Seed of Mallows.

25. *To take away the Holes or Pits in the Face by reaſon of the Small-Pox.*

For helping of this Accident, I have tryed many things, and the beſt means I have found, is to waſh the Face one day with the Diſtilled water of ſtrong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled, and continue this twenty days, or a Moneth together.

26. *For Redneſs of the Hands or Face after the Small-Pox.*

Take Barley, Beans, Lupines, of each one handful, bruiſe them all in a Mortar groſly, and boyl them in three pints of water, till it grow thick like a Jelly, then ſtrain it, and annoint the Face and Hands 3 or 4 times a day for 3 or 4 days together, and then wet the Face and Hands as often with this water following.

27. *Another.*

Take Vine-leaves two handfuls, Bean-flower, Dragon, Wild Tanſie, of either one handful, Camphire three Drams, two Calves-Feet, the pulp of three Lemons, a pint of raw Cream, ſhred the Herbs ſmall, as alſo the Lemons, and break, and cut the Calves-Feet ſmall, then mix them together, and Diſtil it in a Glaſs Still, and uſe it. Alſo the water of *May*-dew is Excellent good for any high colour, or Redneſs of the Face.

28. For *Pimples in the* Face.

Waſh your Face with warm Water when you go to bed, and let it dry in; then take the white of an Egg, and put it into

into a Saucer, and ſet it upon a Chafing-diſh of Coals, and put into it a piece of Allom; beat it together with a Spoon, till it become thick, then make a round ball, and therewith annoint the Face where the Pimples are.

29. *For Heat and Swelling in the Face.*

Boyl the leaves of Bloſſoms of Roſemary, either in White-wine or fair water, and uſe to waſh thy Hands and Face therewith, and it will preſerve thee from all ſuch inconveniences, and alſo make both thy Face and Hands very ſmooth.

30. *For a Red Face.*

Take Brimſtone that is whole, and Cinamon, of either of them an even proportion by weight, beat them into ſmall powder, and ſearſe it through a fine Cloath upon a ſheet of white Paper to the quantity of an Ounce or more, and ſo by even proportions in weight, mingle them together in clean Clarified Capons greaſe, and temper them well together till they be well Mollified, then put to it a little Camphire, to the quantity of a bean, and ſo put the whole Confection in a Glaſs, and uſe it.

31. *To take away Pimples.*

Take Wheat-flower mingled with Honey and Vinegar, and lay it upon them.

32. *An Excellent Oyntment for an Inflamed Face.*

Take an Ounce of the Oyl of Bays, and an Ounce of Quick-Silver, and put them in a bladder together, with a ſpoonful of Faſting-ſpittle, and then rub them well together, that nothing of the Quick-Silver be ſeen; take of this Oyntment, when it is made, and annoint the Face therewith, and it will heal it well and fair; *Proved true.*

33. *For a Rich Face.*

Take three Yolks of Eggs raw, as much in quantity of Freſh butter, or Capons-greaſe without Salt, Camphire two pennyworth, Red-Roſe-water half a Pint, two Grains of Sivet, and boyl all theſe together in a Diſh, then ſtrain them through a clean cloath, and ſet it to cool, and take the uppermoſt and uſe it.

34. *To*

34. *To make the Skin White and Clear.*

Boyl two Ounces of *French* Barley in three pints of Conduit-water, change the water, and put in the Barley again; do this till your Barley do not diſ-colour the water, then boyl the laſt three pints to a quart, then mix half a pint of White-wine therein, and when it is cold, wring the juice of two or three good Lemons therein, and uſe it for the Morphew, heat of the Face, and to clear the Skin.

35. *An Excellent Pomatum to Clear the Skin.*

Waſh Barrows-greaſe, or Lard oftentimes in *May*-dew that hath been Clariſied in the Sun, till it be exceeding white; then take Marſh-mallow-Roots, ſcraping off the out-ſides, make thin ſlices of them, and mix them, ſet them to macerate in a Balneo, and ſcum it well till it be Clariſied, and will come to rope, then ſtrain it, and put now and then a ſpoonful of *May*-dew therein, beating it till it be through cold in often change of *May*-dew, then throw away that Dew, and put it in a Glaſs, covering it with *May*-dew, and ſo keep it for your Uſe.

36. *To take away Spots and Freckles from the Face and Hands.*

The Sap that iſſueth out of a Birch-Tree in great abundance, being opened in *March* or *April*, and a Glaſs Receiver ſet under it to Receive it: This cleanſeth the Skin excellently, and maketh it very clear, being waſhed therewith. This Sap will diſſolve Pearl, a Secret not known to many.

37. *To take away Freckles and Morphew.*

Waſh your Face in the wane of the Moon with a Sponge, Morning and Evening with the Diſtilled water of Elder-leaves, letting it dry into the Skin; you muſt Diſtil your Water in *May*: This I had from a Traveller, who hath Cured himſelf thereby.

38. *To make the Teeth white and ſound.*

Take a quart of Honey, and as much Vinegar, and half ſo much White-Wine, boyl them together and waſh your Teeth therewith now and then.

39. *A Dentrifice to Whiten the Teeth.*

Take of Harts-horn and Horſes Teeth, of each two ounces, Sea-ſhells, Common Salt, Cypreſs-Nuts, each one Ounce, burn them together in an Oven, and make a powder and work it up with the Mucilage of Gum-Tragacinth, and rub the Teeth therewith.

40. *To make the Teeth white as Ivory.*

Take Roſemary, Sage, and a little Aſlom and Honey, and boyl them together in fair Running-water, and when it is well boyled ſtrain out the fair water, and keep it in a glaſs, and uſe it ſometime to waſh your Mouth and Teeth therewith, and it will make them Clean: Alſo waſh your Teeth with the Decoction of Lady Thiſtle-Root, and it will cleanſe and faſten the Teeth and the ſore Gums made whole; alſo the Root of Hore-hound drunk or chewed Faſting, doth quickly heal the Gums, and maketh the Teeth clean; Strawberry-leaves alſo cleanſeth the Teeth and Gums, a ſure and tryed Experiment.

41. *To make the Teeth white.*

Take one drop of the Oyl of Vitriol, and wet the Teeth with it, and rub them afterwards with a courſe Cloath; although this Medicine be ſtrong fear it not.

42. *For a Stinking Breath.*

Take two handfuls of Cummin, and ſtamp it to powder, and boyl it in Wine, and drink the Syrup thereof Morning and Evening for fifteen days, and it will help. *Proved.*

43. *To make the Breath Sweet.*

Waſh your Mouth with the water that the ſhells of Citrons have been boyled in, and you will have a ſweet Breath.

44. *To Sweeten the Breath.*

Take Butter and the juice of Feather-few, and temper them with Honey, and take every day a ſpoonful. Alſo theſe things ſweeten the Breath, the Electuary of Aromaticks, and the peels of Citrons.

45. *To Cleanſe the Mouth.*

It is good to cleanſe the Mouth every Morning by rubbing the Teeth with a Sage-

Sage-leaf, Citron-peels, or with powder made with Cloves and Nutmegs; forbear all Meats of ill Digeſtion, and raw Fruits.

46. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the Party grieved, and it cleanſeth the Matter and the Filth thereof; alſo the juice of Violets uſed, is very good for the Running of the Ears.

47. *For Eyes that are Blood-ſhot.*

Take the Roots of Red Fennel, ſtamp them, and ring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and annoint the Eyes therewith, and it will take away the Redneſs.

48. *To make the Hands White.*

Take the Flower of Beans, of Lupines, of Starch-Corn, Rice, Orice, of each ſix Ounces; mix them and make a powder, with which waſh your Hands in water.

49. *A Delicate Waſhing Ball.*

Take three ounces of Orace, half an Ounce of Cypreſs, two Ounces of *Ca-*

lamus

lamus Aromaticus, one Ounce of Roſe-leaves, two Ounces of Lavender-Flowers; beat all theſe together in a Mortar, ſearſeing them through a fine ſearſe, then ſcrape ſome Caſtile-ſoap, and diſſolve it in Roſe-water, mix your powders therewith, and beat them in a Mortar, then make them up in balls.

50. *For the Lips Chopt.*

Rub them with the Sweat behind your Ears, and this will make them ſmooth, and well coloured.

51. *To Prevent Marks of the Small-Pox.*

Boyl Cream to an Oyl, and with that annoint the whales with a Feather as ſoon as they begin to dry, and keep the Scabs always moiſt therewith; let your Face be annointed almoſt every half hour.

52. *To take away Child-Blains in the Hands or Feet.*

Boyl half a Peck of Oats in a quart of water till it grow dry; then annoint your Hands with Pomatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the

the Bowl wherein you do your hands with a double Cloath to keep in the ſteam of the Oats; do this three or four times and it will do: You may boyl the ſame Oats with freſh water three or four times.

53. *To take away Pock-holes, or any Spot in the Face.*

Wet a Cloath in White-Roſe-water, and ſet it all Night to freeze in the Winter, then lay it upon your Face till it be dry; alſo take two or three Poppies, the reddeſt you can get, and quarter them, taking out the Kernels, then Diſtil them in a quart of red Cows-Milk, and with the water thereof waſh your Face.

54. *An Excellent Beauty-Water, uſed by the* D. *of* C.

Take of white Tartar two drams, Camphire one dram, Coperas half a dram, the whites of three or four Eggs, the juice of a couple of Lemons, Oyl of Tartar four Ounces, and as much Plantain-water, white Mercury a penny-worth, two ounces of bitter Almonds; beat all theſe to powder, and mix them with the Oyl and ſome water, and then boyl it upon a gentle Fire, ſtrain it, and ſo keep it; when you

you uſe it, you muſt firſt rub your Face with a Scarlet cloath, and at Night waſh your Face with it, and in the Morning waſh it off with Bran and White-wine.

55. *Againſt a ſtinking Breath.*

Take a handful of Wood-bine, and as much Plantain, bruiſe them very well, then take a pint of Eye-ſelt, and as much water, with a little Honey and Allom; keep all theſe waters together in a Glaſs, and waſh your Mouth well therewith, and hold it in your Mouth, and it will deſtroy all Cankers, and Cure a ſtinking Breath, and preſerve the Teeth from rottenneſs.

56. *To Procure an Excellent Colour and Complection in the Face, uſed by the* C. *of* S.

Take the juice of Hyſſop, and drink it in a Morning Faſting, half a dozen ſpoonfuls in Ale warm; it will procure an excellent Colour, is good for the Eye-ſight, deſtroyeth Worms, and is good for the Stomack, Liver, and Lungs.

57. *To keep the Teeth white and kill Worms.*

Take a little Salt in a Morning Faſting, and hold it under your Tongue till it be melted, and then rub your Teet with it.

58. *To procure Beauty, an Excellent Waſh.*

Take four ounces of Sublimate, and one ounce of Crude-Mercury, and beat them together exceeding well in a wooden Mortar, and wooden Peſtle; you muſt do it at leaſt ſix or eight hours, then with often change of cold water, take away the Salts from the Sublimate, change your water twice every day at leaſt, and in ſeven or eight days it will be dulcified, and then it is prepared; lay it on with Oyl of white Poppy.

59. *A Beauty-water for the Face, by Madam G.*

Take Lye that is not too ſtrong, and put two peels of Oranges, and as much Citron-peel, Bloſſoms of Camomile, Bay-leaves, and Maiden-hair, of each a handful, of Agrimony two or three ounces, of Barley-ſtraw chopt in pieces, a handful,

ful, as much Fenugreek, a pint of Vine-leaves, two or three handfuls of Broom-bloſſoms; put all theſe into the Lye, and mingle them together, and ſo waſh the Head therewith, put to it a little Cinamon and Myrrh, let it ſtand, and waſh your Face therewith every Evening: It is good to waſh the Head, and to comfort the Brain and Memory.

60. *Againſt ſtink of the Noſtrils.*

Take Cloves, Ginger, and Calamint of each a like quantity, boyl them in White-wine, and therewith waſh the Noſe within; then put in the powder of Piritrum to provoke one to ſneeze: If there be Phlegm in the Head, you muſt firſt purge the Head with Pills of Colchie, or of *Hieva picra*: Or if the ſtink of the Noſe come from the Stomack, Purge firſt.

61. *To make the Hands white.*

To make the Hands white and ſoft, take Daffodil in clean water till it grow thick, and put thereto powder of *Cantarium*, and ſtir them together, then put thereto raw Eggs, and ſtir them well together, and

and with this Oyntment annoint your Hands, and within three or four days uſing thereof they will be white and clear.

62. *A Sweet Water for the Hands.*

Take of the Oyl of Cloves, Mace, or Nutmegs, three or four drops only, and mingle it with a pint of fair water, ſtirring them a pretty while together in a Glaſs, having a narrow Mouth, till they are well mingled together, and waſh your Hands therewith, and it will be very Sweet water, and will cleanſe and whiten the Hands very much.

63. *For Heat and Worms in the Hands.*

Bruiſe a little Chick-weed, and boyl it in Running-water, till half be waſted away, and waſh your hands in it as hot as you can ſuffer it, for the ſpace of ſix days, and it will drive away the Heat, or Worms in the Hands.

64. *To make the Nails grow.*

Take Wheat-flower, and mingle it with Honey, and lay it to the Nails, and it will help them.

65. *For.*

65. For *Nails that fall off.*

Take powder of Agrimony, and lay it on the place where the Nail was, and it will take away the aking, and make the Nails grow.

66. For *Cloven Nails.*

Mingle Turpentine and Wax together, and lay it on the Nail, and as it groweth cut it away, and it will heal.

67. For *Nails that are rent from the flesh.*

Take some Violets and stamp them, and fry them with Virgins-wax, and Frankincense, and make a Plaister, and lay it to the Nail, and it will be whole.

68. *Another.*

Annoint your Fingers with the powder of Brimstone, Arsenick, and Vinegar, and in a short time you shall find great ease.

69. For *Stench under the Arm-holes.*

First pluck away the Hairs of the Arm-holes, and wash them with White-Wine and Rose-water, wherein you have first boyled *Cassia Lignum*, and use it three or four times.

70. For

70. *For the Yellow Jaundies.*

Take the juice of Worm-wood and Sorrel, or elſe make them in Syrup, and uſe to drink it in the Morning.

To take away Warts from the Face or Hands.

Take Purſlain, and rub it on the Warts, and it maketh them fall away: Alſo the juice of the Roots of Ruſhes applyed healeth them.

72. *To ſmooth the Skin, and take away Morphew and Freckles.*

Annoint the Face with the blood of a Hare, or Bull, and this will take away Morphew and Freckles, and ſmooth the Skin.

A Supplement of ſome Rare Beautifying Waters, Oyls, Oyntments, and Powders.

1. *A Beauty Water.*

TAke of Bean-flowers ſix handfuls, Lemon-water one Pint, Lilly-Roots eight ounces, Bean-flower one pound,

Gum-

Gum-Arabick and Tragacinth of each one ounce, Diſtil all theſe together, and waſh the Face therewith.

2. *Another by an Approved Author.*

Take of Diſtilled Turpentine two pound, Frankincenſe three ounces, Maſtick, Dragons blood, of each half an ounce, powder them, and mix them with Turpentine-water, and Diſtil them again, then take of freſh Hogs-greaſe melted one pound, Cloves two Drams, three Nutmegs, Gold one Dram, Silver two Drams, Powder them finely, and Diſtil them in an Alembick.

3. *To take away Freckles and Scars in the Face.*

Take of *Aqua Vitæ* four times Diſtilled three parts, the tops of Roſemary-flowers two parts, ſteep them together a Day and a Night in a Veſſel well ſtopt, then Diſtil them.

4. *To make the Face Freſh and Ruddy.*

Uſe the ſhaveings of Brazeel-Wood diſſolved in Roſe-water with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complection.

5. *To*

5. *To make the Face Youthful.*

Take two Calves-Feet, River-water nine quarts, boyl them till one half be waſted, then add one pound of Rice, the crum of a penny Loaf ſoftened in Milk, freſh Butter, whites of Eggs with their ſhells, mix them all and boil them, and Diſtil all the Water from them, to which add at laſt Camphire and Sugar each a little, and it will be Excellent.

6. *A Water to Whiten the Skin and take away Sunburn.*

Take of Rain Water, the juice of unripe Grapes each a like quantity, boyl them together till one half be conſumed, then whilſt it boyls, add ſo much juice of Lemons as was boyled away before, when it is boyled, take it off, and add four whites of Eggs after it is cold, and keep it for your Uſe.

7. *To Clear the Face and Skin.*

Take of Lilly-Roots roſted under the Aſhes one pound, bruiſe them in a Mortar, to which add Sugar-Candy three ounces, make an Oyntment to apply to the Face.

8. *To*

8. *To take away Ringworms in the Face.*

Take of Vinegar, of Squills two ounces, Aloes, the juice of Soure Dock, Oyl of Tartar of each three Drams, make a Liniment.

9. *For Beautifying the Face, an Approved Oyntment.*

Take of Citron Oyntment fresh made three ounces, Sweet-Almonds very well bruised, Flower of Beans, of each one Dram, the bone of the Fish *Sepia*, Harts-horn, Barley-Flower, each two Drams, incorporate them all with Honey.

10. *Another Excellent Beautifyer.*

Take of Pomatum two ounces, Citron Oyntment four Ounces, mix and annoint the Face therewith Night and Morning and afterwards wash your Face with Bean flower-water.

11. *An Oyntment to Illustrate the Face.*

Take the Oyl of the Marrow of a Hart two Ounces, Oyl of Goard-Seeds one ounce, Goats-Fat, washt Turpentine, each half an ounce, new Wax three Drams, melt them by the Fire, then add Mastick, Borax

Borax burnt, each two drams, mix them and make an Unguent, with which annoint the Face at Night, and in the Morning wash it off with Bran-Water.

12. *To Curl the Hair.*

Take a quantity of Pine Kernels burnt and beat to Powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and annoint the Head.

13. *To make the Hair Black.*

Take the juice of Red Poppy, the juice of green Nuts, Oyl of Myrtles, Oyl of Coltmary, each one part, boyl it awhile and annoint the Hair therewith.

14. *An Excellent Beautifyer for the Face, used by the* Venetian *Ladys.*

Take of Burnt Tartar half a Pound, powder it, and dry it as they do Salt, then take that Salt, and put it within the whites of Eggs boyled.

15. *To Cure a Red Face.*

Take four ounces of Peach Kernels, Goard-Seed two ounces, bruise them and make an Oyl to Annoint the Face Morning and Evening.

16. *To*

8. *To take away Ringworms in the Face.*

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16. *To*

16. *To Increaſe the Hair.*

Take the Seeds of Marſh-mallows a ſufficient quantity, boyl them in common Oyl, with which Annoint the Hair. Alſo the Oyl of Earth-wormes doth increaſe the the Hair.

17. *To make the Breaſts ſmall.*

Take of Roch-Allom powdered, and Oyl of Roſes of each a like quantity mix them together and annoint the breaſts therewith.

18. *To take away the Wrinkles of the Face.*

Take Oyl of Turky-millet, and the decoction of the berry of the ſame, and it will diſtend, Mollifie, and Conſolodate wrinkles, alſo Oyl of Nuts is very good for the ſame.

19. *To Cleanſe the Body and make it Comely.*

Take of Sage, Lavender-Flowers, Roſe-Flowers, each two handfuls, a little Salt, boyl them in water or in Lye, and make a bath not too hot, in which bathe the body two hours before meat.

20. *A ſweet ſcented Bath for Ladys.*

Take of Roſes, Citron-Peels, Citron-Flowers, Orange-Flowers, Jaſmine, Bays, Roſemary, Lavender, Mint, Pennyroyal, each a ſufficient quantity, boyl them together gently and make a Bath, to which add Oyl of Spike ſix drops, Musk five Grains, Ambergreaſe three grains, ſweet Aſa one ounce, let her go into the Bath two hours before meat.

21. *To make the Body Fat and Comely.*

Take of Milk and Spring water each one pint, boyl them together till the Water be conſumed, then add Sugar of Penedies, freſh butter, each one ounce, Oyl of Sweet Almonds newly drawn half an Ounce, give them one boyling more, and ſo let it be taken betimes in a Morning Faſting, and ſleep upon it.

FINIS.

New and Excellent

EXPERIMENTS AND SECRETS

In the ART of

Angling:

BEING

Directions for the whole

ART.

LONDON,
Printed in the Year 1677.

BRITISH MUSEUM

New and Excellent Experiments and Secrets in the Art of Angling.

To make the Lines.

TAke Care that your Hair be round, and free from Galls, Scabs, or Frets, for a well Choſen, even, clear, round Hair, of a kind of a Glaſs-colour, will prove as ſtrong as three uneven ſcabby Hairs, that are ill choſe.

Let your Hair be clean waſhed before you go about to twiſt it, and then not only chooſe the cleareſt Hair, but Hairs that are all of an equal bigneſs, for ſuch do uſually ſtretch all together, and not break ſingly one by one, but altogether.

When you have twiſted your Links, lay them in water for a quarter of an hour at the leaſt, and then twiſt them over again before you tye them into a Line, for thoſe that do not ſo, ſhall uſually find their links to have a Hair or two ſhrunk, and be ſhorter then all the reſt, at the firſt Fiſhing

with it, which is ſo much of the ſtrength of the Line loſt, for want of wetting it at firſt, and then re-twiſting it, and this is moſt viſible in a ſeven hair Line, which hath always a black hair in the middle, called by Anglers, the Herring-bone: Thoſe Hairs that are taken from an Iron-gray, or a Sorrel Stone-Horſe, and the middle of the Tayl are beſt.

A Cement for Floats to fiſh withal.

Take black Rozin beaten, Chalk ſcraped, Bees-wax bruiſed, of each a like quantity; melt all theſe over a gentle ſmall-coal Fire in an Earthen Veſſel well leaded, and ſo warming the two Quills, fix them with a little of it; it cools immediately, and being cold, is ſo hard, ſtrong, and tite, that you can hardly pull the two Quills aſunder with both your Hands, without breaking them in pieces.

To ſight your Caps for the Float aright.

Let the uppermoſt be at the diſtance from the top of the Quill, and the lower Cap near to the end of the Quill, as in the Deſcription of it.

To

To dye Bone or Quills red for ever.

Take ſome Urine, and put into it as much Powder of Brazile as will make it very red, which you ſhall know by dropping ſome with a Feather upon a piece of white Paper, and put therein bone or Quills, being firſt well ſcraped, and laid a while in a water made of Argol, and let them lye in it ten or twelve days, then take them out, and hang them up till they are dry, and rub them with a dry Linnen Cloath, and they will be of a tranſparent colour.

Obſervations.

A Pike is called,
The firſt Year a Shotterel,
The Second, a Pickerel.
The Third Year, a Pike.
The Fourth Year, a Luce.

Fiſh are Fatteſt about *Auguſt.*

All Fiſh are in Seaſon a Moneth or ſix weeks after they have ſpawn'd.

To Cleanſe Worms.

Take a piece of a Hop-Sack (becauſe that is not ſo cloſe ſtruck in the Weaving

as other Cloath is) and waſh it clean, and let it dry, then take ſome of the Liquor wherein a piece of freſh Beef hath been boyled, but be ſure you take not the Liquor of Salt Beef, for that will kill all the Worms, dip the piece of Hop-Sack in the Liquor, and wring it out, but not hard, ſo that ſome of the Liquor abide in the Cloath; put the Worms into this Cloath, and lay them in an Earthen Pot, the Worms will run in and out through the Cloath and ſcour themſelves; let them ſtand from Morning to Night, then take out the Worms from the Cloath, and waſh the Cloath as before, but not dry it, and wet it again in ſome of the Liquor; thus do once a day, and thus you will not only preſerve your Worms alive for three Weeks, or a Moneth, but alſo make them red and tough, *Probatum.*

The Secrets of J. D.

Would'ſt thou catch Fiſh?
Then here's thy wiſh:
Take this Receipt
T'annoint thy Bait.

Thou that deſireſt to Fiſh with Line and Hook,
Be it in Pool, in River, or in Brook;

To

To bliſs thy Bait, and make the Fiſh to bite,
Loe here's a means, if thou canſt hit it right.
Take Gum of Life fine beat, and laid to ſoak
*In Oyl, well drawn from that * which kills the Oak.*

* That which kills the Oak, I conjecture to be Ivy.

Fiſh where thou wilt, thou ſhalt have ſport thy fill;
When twenty fail, thou ſhalt be ſure to kill.
Probatum,
It's perfect and good, if well underſtood;
Elſe not to be told, for Silver nor Gold.

To unlooſe the Line in the Water.

Of theſe there are ſeveral ſorts, according to ſeveral Mens Fancies; that which I approve of as being the ſureſt, is a forked ſtick, about two Yards long, if it be not long enough to reach the bottom you may laſh it to any other ſtick.

Theſe Fiſh riſe beſt at a Flye.

Salmon,	Bleak.
Trout,	Cherin, or Chub.
Vinber.	Roch.
Groyling.	Dace.

Ad Capiendum Piſces.

Recipe muſilago vel Scholaris Fortes (Anglicè white Mullen) *collectæ circa medium* Maii, *quando Luna, ſit plena, diſtemperata cum nigro ſale & ſerva in olla terea, & quando vis occupare ungue manus & lava eas in loco ubi ſunt Piſces.*

A good Bait for Fiſh all Seaſons of the year.

Take Wheat-flower, and Tallow of a new ſlain Sheep, and the white of an Egg, beat them all together, and make a paſte therewith, and bait with it.

Roch and Dace.

From the tenth of *March* to the tenth of *May* is the ſpawning time for Roch and Dace.

A Paſte for Roch, Dace, and Chub.

Fine Manchet, Old Fat Cheeſe of the ſtrongeſt, Ruſty Bacon; beat theſe in a Mortar, and moiſten it with a little Brandy, and colour it with Turmerick or Cambogia, or Red Vermilion.

Baits.

1. Take the Fleſh of a Rabbit, or a Cat cut ſmall, and Bean-flower, and for want

want of that other Flower; mix theſe together, and put to them either Sugar or Honey (but I judg Honey the beſt) beat theſe together in a Mortar, or ſometimes work them in your hands (being very clean) then make it into a ball, but you muſt beat it ſo long, till it be ſo tuff, that it will hang upon the hook, yet not too hard neither, that you may the better dough-knead with your Paſte a little white, or yellow wool; if you would have this Paſte keep all the Year, then mix with it Virgins-Wax and Clarified Honey, and work it together with your Hands before the fire, then make it into balls, and it will keep all the Year.

2. *Another.*

Take a handful or two of the beſt and biggeſt Wheat you can get, boyl it in a little Milk (as Furmety is boyled till it be ſoft) and then fry it very leiſurely, with Honey and a little beaten Saffron diſſolved in Milk: you will find it a choyce bait, and good I think for any Fiſh, eſpecially of Roch, Dace, Chub, and Cheven.

3. *Another,*

3. *Another.*

The tendereſt part of the Leg of a Young Rabbit, Whelp, or Catlin, as much Virgins-wax, and Sheeps Suet; beat them in a Mortar, till they are well incorporated, then with a little Clarified Honey, temper them before the Fire into a Paſte.

4. *Another.*

Sheeps-Kidney-Suet, as much Old ſtrong Cheeſe, fine Flower, or Manchet; beat it into a Paſte, and ſoften it with Clarified Honey.

5. *Another.*

Sheeps-blood, Old Cheeſe, fine Manchet, Clarified Honey; make all into a Paſte, as before.

6. *Another.*

Cherries, Sheeps-blood, Saffron, fine Manchet; make all into a Paſte, as before: You may add to any of theſe, or other Paſtes, *Cocalus Indiæ*, *Aſſa fœtida*, Oyl of Polypody of the Oak, the Gum of Ivy diſſolved; I judge there is Vertue in theſe Oyls, but eſpecially in the Gum.

7. *Another.*

7. *Another.*

Pull off the Scale from a boyled Prawn, or Shrimp, bait the Hook with it, and it is an Excellent bait for Roch, Dace, and Bleak.

8. *Another.*

Bean-flower, Honey, and the white of an Egg made up into a Paſte, is an Excellent, and long Experienced bait for ſmall Fiſh, which if they once taſte of, they will never forſake till Death.

9. *Another.*

Gentles, of which kind, the beſt are thoſe that are bred upon a Cat, becauſe they are quickeſt, and livelieſt.

If you put ſome Gentles into a box, where Vemilion hath been, they will live in it two or three days, and will become of a very Tranſparent colour, and keep ſo in the Water when you Fiſh with them.

When you fiſh in a quick Stream, a long Quill or Float is beſt.

But in an Eddy, or ſtill Stream, the ſhorter the Quill or Float is, the better.

When you Fiſh at the Well-boats, or at the bank-ſide, be there at half Ebbing

Water,

Water, and Fiſh upon thoſe Well-boats that lye neareſt to the ſhoar, till the water falls away from them, then go to the outermoſt Boats.

Some of the Well-boats do ſheer to and again from the place where your Ground-bait lyeth, to prevent which, and that you may always Fiſh in that place where you have caſt your Ground-bait, you muſt have a Buoy to lye out, and then you art ſure to fiſh right.

10. *Another Bait.*

Dry Sheeps-blood in the Air upon a dry board, till it become a pretty hard dry lump, then cut it into ſmall pieces for your Uſe.

11. *Another.*

You ſhall find in the Moneths of *June*, *July* and *Auguſt*, great quantities of Ant-flyes, go to the Ant-hills, and take a great handful of Earth, with as much of the Roots of the Graſs as you can; put all into a large Glaſs-bottle, then gather a Pottle of the blackeſt Ant-flyes, but take heed you bruiſe them not; Roch and Dace will bite at theſe flyes under water, near the Ground.

Directi-

Directions how to make your Paſte.

Firſt, waſh your Hands very clean, then get ſome of the fineſt Manchet, of two or three days old, and cut away all the cruſt, then lay it in water, or Milk, which is better, let it lye no longer than till it is ſoaked juſt through, then ſqueeze all the water very well, then knead it in your hands very well, with a little bit of ſweet butter to make it ſtiff, colour it with Vermilion; if you make it over-night, keep it in a wet Linnen Rag, all the water being wrung out of it; in the kneading ſcrape a little old Cheeſe among it.

How to Bait with Gentles.

Put your Hook through the middle-part of the Gentle, and no more, then he will live longeſt; I mean through the skin and no more; but if you could get ſome Oyl of Ivy, that is rightly taken from the Tree in the Moneth of *May*, and caſt but two drops of it among the Gentles before you uſe them, you would have ſport beyond expectatio n.

When

When to drag upon the Ground, and when not.

When you Fiſh in a quick Stream drag a Quils length, or more.

Alſo when the water is not clear, but of a white or clay colour, and if you put a little piece of Scarlet a little above the Hook the Fiſh will ſee the bait the better.

Sometimes when you are at the Sport the Wind ariſeth, and makes your Float dance upon the Waves, then always obſerve, and watch well the motion of your Float under water, and not the top of your Float.

I ſaw an Angler whipping for Bleaks and Dace with a *May*-flye, but he put on a Gentle upon the Hook beſides, and he had Excellent ſport.

Carp and Tench.

Bait.

1. A Carp will take a red Worm dipt in Tarr, at the bottom.

2. Malt-flower, Old *Cheſhire* Cheeſe, *Engliſh* Honey, Eggs; temper theſe together with a little water (but I ſhould think Milk is farr better) colour it with Saffron, and put as much upon the Hook as the bigneſs of a large Haſle-Nut.

Bait the place where you intend to Fiſh, very well over Night with Grains and Blood; the next Morning very Early Fiſh for him with a well ſcoured Lob-worm, or the Paſte above mentioned.

You may dip your Worm in Tarr, and try what that will do.

A Carp chooſeth the deepeſt and ſtilleſt places in Ponds and Rivers, and ſo doth the Tench, and alſo green weeds, which he loves exceedingly.

Late

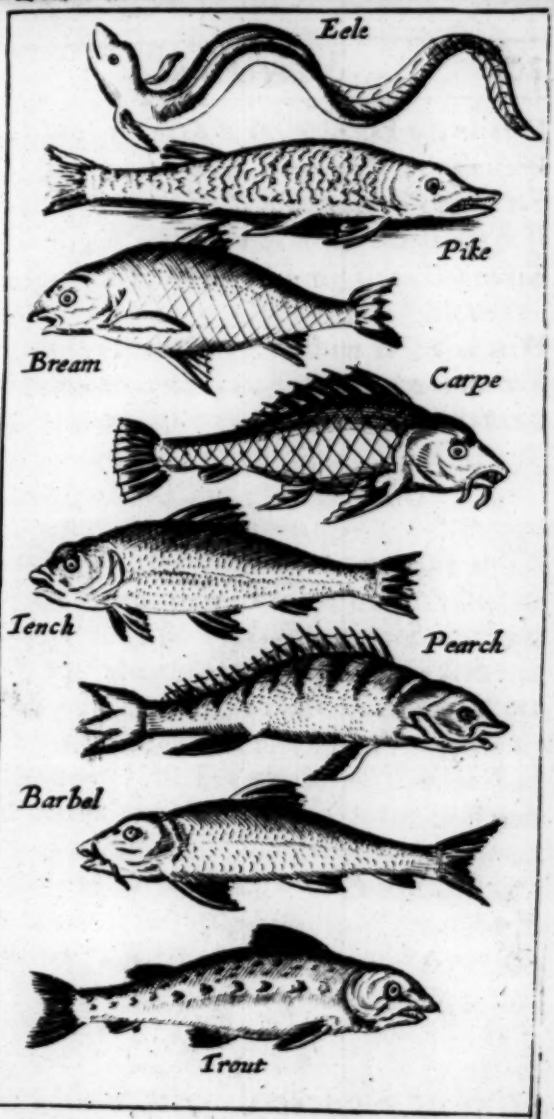
Late in the Evening the Ale, Grain, and Blood,
Well mixed together is Bait very good
For Carp, Tench, Roch, and Dace to Prepare,
If Early in the Morn at the River you are.
Strong Tackle for Carp, for Roch and Dace fine,
Will help thee with Fish sufficient to Dine.
For the Carp, let thy Bait the knotted Worm be,
The rest love the Cadis, the Paste, or the Flye.

Chub, Pike, and Bream.

The Pike chooſes Sandy, or Clay ground, in ſtill Pools full of Fry; the Bream loves a gentle Stream, and the broadeſt part of the River, the Chub loves the ſame ground and Spawns in *May*.

One who was the beſt trouler of Pikes in *England*, uſed always to troul with a Hazle-Rod twelve Foot long, with a Ring or wyre in the top of his Rod for his Line to run through, within two Foot of the Rod there was a hole to put in a winder, to turn with a barril, to gather up his Line, and looſe it at his pleaſure; this was his manner of trouling with a ſmall Fiſh.

There are ſeveral other ways to take Pikes, there is a way to take a Pike, which is


Eele
Pike
Bream
Carpe
Tench
Pearch
Barbel
Trout

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is called the Snap, for which Angling you muſt have a pretty ſtrong Rod, for you muſt Angle with a Line no longer than your Rod, which muſt be very ſtrong, that you may hold the Fiſh to it; your Hook muſt be a double Hook, made of a large wyre, and Armed with wyre one or two Links long; you muſt bait the Fiſh with the Head upwards, and the point muſt come forth of his Side a little above his vent.

In all your baitings for a Pike, you muſt enter the Needle where the point cometh forth, ſo draw your Arming through, until the Hook lyeth as you think fit, then make it faſt with a thread to the wyre, but firſt tye the thread about the wyre, otherwiſe the Fiſh will skip up and down, ſo fall to work: The bait muſt be a Gudgeon, a ſmall Trout, Roch, or Dace.

Now, I will pawn my Credit, that I will ſhew a way, either in Ware, Pond, or River, that ſhall take more Pikes than any Trouler ſhall do by Trouling; and it is this.

Firſt take a forked ſtick, a Line of twelve Yards long wound upon it, at the lower end leave a Yard to tye, either a bunch

bunch of Flaggs, or a Bladder, to Buoy up the Fiſh, to carry the bait from the Ground, that the Fiſh may ſwim clear; the bait muſt be a live, either a ſmall Trout Gudgeon, Roch, or Dace, the forked ſtick muſt have a ſlit on the one ſide of the fork to put the Line in, that the live fiſh may Swim at the gauge you ſet the fiſh to ſwim at, that when the Pike takes the bait, the Pike may have the full Liberty of the Line for his feed; you may turn as you pleaſe of theſe looſe in the Pond or River all day long, the more the better, and do it in a Pond-wind; the Hooks muſt be double Hooks.

To Bait the Hook.

Take one of the baits alive, and with your Needle enter the Fiſh within a ſtraws breadth of the Gill, ſo put the Needle in betwixt the Skin and the Fiſh, then draw the Needle out of the hindermoſt fin, drawing the Arming through the Fiſh, until the Hook come to lye cloſe to the body; but I hold it better, if it be Armed with wyre, to take off the Hook, and put the Needle in at the hindermoſt fin, and ſo come forth at the Gill, then put on the Hook, and it will hurt the live Fiſh the leſs,

leſs, ſo knit the Arming with the live Fiſh to the Line.

But I judge the baiting with a live Fiſh is done far better, as it is done, Baiting with a Minew to Fiſh for a Trout.

A Rod twelve Foot long, and a Ring of wyre,
A winder and Barril will help thy deſire,
In killing a Pike; but the forked ſtick,
With a ſlit and a Bladder, and the other fine trick,
Which our Artiſts call Snap, with a Gooſe or a Duck,
Will kill two for one, if thou have any luck.

Chub takes a black Snail about *Auguſt*; and for a bait, take the fourth Receipt preſcribed for Roch and Dace, but colour it with Saffron, or Gambogia.

The Pike in the Moneth of *March*, before which time it is good Fiſhing for him, but after *March* it is not good till the middle of *May*: A Smelt is a rare bait, a Pole for Trouling ſhould be eleven Foot long, for the Snap twelve Foot.

When you Troul the head of the fiſh muſt be downward at the bent of the Hook; but when you Snap, the head muſt be upward at the ſhank of the Hook.

If

If you Fiſh at Snap for a Pike, give him leave to run a little before you ſtrike, and then ſtrike the contrary way he runs.

If you fiſh with a dead bait for him, take this as a moſt excellent one.

Take a Minew, or yellow Frogg, a Dace, or a Roch, and having diſſolved ſome Gum of Ivy in Oyl of Spike, annoint your bait therewith, and caſt it where the Pikes frequent, and when it hath lain a little while at the bottom, draw it up to the top, and ſo up the Stream, and if Pikes are in the place where you fiſh, you will quickly perceive them to follow it with much eagerneſs.

Perch.

The Perch loveth a gentle Stream, of a reaſonable depth, ſeldom ſhallow.

Baits.

1. His bait is moſt commonly a red knotted Worm, or a Minew.

2. *Another.*

Make a bait with the Liver of a Goat, and bait your Hook therewith.

3. *Ano-*

3. *Another.*

Take yellow Butter-flyes and Cheeſe made of Goats-Milk, of each half an Ounce, of Opoponax the weight of two *French* Crowns, of Hoggs-blood half an Ounce, Galbanum as much; pound them all well, and mix them together, pouring upon them Red Wine, and make thereof little balls, ſuch as you uſe to make perfumes into, and dry them in the ſhade.

4. *Another.*

To bait your Hook with a live Minew, when you Fiſh for a Trout, or Perch, with a Running Line.

Firſt put your Hook in at his Mouth, and out at his Gill, then having drawn your Hook two or three Inches beyond, or through his Gill, put it again into his Mouth, and the Point and Beard out of his Tayl, and then tye the Hook and his Tayl with a white thread, which will make it apter to turn quick in the water; then pull back that part of the Line which was ſlack, when you put your hook into the Mouth the ſecond time; I ſay, pull that part of it back, ſo that it ſhall faſten the

the Head, that ſo the body of the Minew ſhall be almoſt ſtraight on the Hook; then try how it will turn by drawing it croſs the water, or againſt the Stream, and if it do not turn nimbly, then turn the Tayl a little to the right or left hand, and try again till it turn quick, for if not, you are in danger to catch nothing; for know, that 'tis impoſſible it ſhould turn too quick; but if you want a Minew, then a ſmall Roch, or Stickle-back, or any other ſmall Fiſh will ſerve as well; if you Salt your Minews, you may keep them three or four days fit for Uſe, or longer; Bay-Salt is beſt.

5. *Another.*

To Bait with a Lob-worm, to Fiſh for a Trout or Pearch with a Running Line, with a Swivel.

Suppoſe it be a big Lob-worm, put your Hook into him above the middle, then draw your worm above the Arming of your hook, enter your worm at the tayl-end of the worm, the point may come out toward the Head, and having drawn him above the Arming of your Hook, put the point of your Hook again into

into the very Head of the Worm, till it come to the place where the point of the hook firſt came out, and then draw back that part of the Worm that was above the Shanker Arming of the Hook. And ſo Fiſh with it, you cannot looſe above two or three Worms before you attain to what I Direct you, and having attained it, you will find it very uſeful, for you will run upon the Ground without tangling, but you muſt have a Swivel.

Trout.

The Trout loves ſmall purling Brooks, or Rivers that are very ſwift, and run upon Stones, or Gravel; he feeds while he is in ſtrength in the ſwifteſt Streams, behind a Stone, Log, or ſome ſmall Bank that ſhooteth into the River, and there lyes watching for what comes down the Stream. He Spawns about *October.*

Baits.

1. You ſhall find in the Root of a great Dock, a white Worm with a red Head, with this Worm Fiſh for a Trout at the bottom, he lyes in the deep, but feeds in the Stream.

2. *Another.*

He alſo takes very freely a Worm, called a Brandling, of which ſort the beſt are found at the Bear-Garden, amongſt the Bears Dung.

An Univerſal Bait to take all manner of Fiſh, but Eſpecially Trouts, which hath been Experienced by an Ancient Angler, and made by a Chymiſt, in 1668.

Take of the juice of Camomile two ſpoonfuls, Oyl of Spike four drams, Spirit of Vitriol one Ounce, Oyl of Comfrey by Infuſion ſix Drams, Gooſe-greaſe one Ounce; Diſſolve theſe over the Fire, being well melted, let it ſtand till it is cold, then put it into a ſtrong Glaſs, and let it ſtand three or four days before you ſtop it up, with a good Cover made of Parchment and Leather, and it will keep good for ſeven Years.

Gudgeons.

A Gudgeon ſpawns in *May*, and ſometimes in *April*.

Bait.

A Gudgeon takes nothing but a red knotted Worm, in a Horſe Dung-hil.

Barbel.

Barbel.

The Barbel (as *Geſner* ſaith) is one of thoſe Leather-mouth'd Fiſhes, haveing his Teeth in his Throat.

There are divers ways of Fiſhing for him, as with a Caſting-Line of ſmall Whip-cord, a Plummet, and a pair of ſmall drablers of Hair.

Others Fiſh for him with a ſtanding-Line, either of Silk, or ſmall Braſs wyre well kneaded, with a Plummet of one, two, three, or four Ounces, according to the ſwiftneſs of the Stream, and a pair of drabbers, as before.

Some Fiſh for Barbel with Caſting-Lines, as at *London-bridge*, a Plummet of one pound and half, and a pair of drabbers.

There is yet another way (though againſt the Statute, and forbidden by the Court of Aldermen,) and that is, by ſcratching with Hooks without Beards.

Baits.

His baits are green Gentles, ſtrong Cheeſe, ſometimes a Lob-worm, and ſometimes a piece of Pickled Herring.

Eels.

To reckon up the ſeveral ways of taking Eels, were almoſt, if not altogether impoſſible; and therefore I ſhall only tell you how the Anglers here in *London* take them.

Take a ſhooting-Line, of 10, 12, 14, 16, or 20 Hooks, as many, and as few as you pleaſe; and this cannot but be an excellent way, either in Pond, River, or Moat.

The manner of making it is very well known to all thoſe that ſell Hooks and Fiſhing-Tackle in *Crooked-Lane*, where you may buy them ready made.

Baits.

His bait is green Gentles, ſtrong Cheeſe, Lob-worms, Pickled-Herring, Powdered-beef, or Periwinkles.

Your Plummet muſt be three pound, or three pound and a half of Lead.

Bream.

The Bream loveth a red Worm, taken at the Root of a great Dock, it lyeth wrapt up in a knot, or round Clue. He chuſeth the ſame waters as the Pike.

Salmon.

Salmon.

The Salmon loveth large Swift Rivers, where it Ebbs and Flowes; he Spawns at the latter end of the Year.

To Fish for Salmon.

The first thing you must gain, must be a Rod of some ten Foot in the Stock, that will carry a top of six Foot, stiff and strong, the Reason is, because there must be a wyre Ring at the upper end of the top, for the Line to run through, that you may take up, and loose the Line at your pleasure, you must have the winder within two Foot of the bottom of your Rod, made in the manner expreſt, with a spring, that you may put it on as low as you please.

The Salmon swimmeth most commonly in the midst of the River, in all his Travels he desires to see the uppermost part of the River, Travelling on his Journey in the heat of the Day, he must take a bush, if the Fisher-Man espye him, he goeth at him with his Spear, and so shortneth his Journey.

The Angler that goeth to Fish for him with a Hook and Line, must Angle for

him as nigh the middle of the water as he can with one of theſe.

Baits.

Take two Lob-worms, and put the hook ſo near through the middle of them, that the four ends may hang of an equal length, and ſo Angle as near the bottom as you can, feeling your Plummet run on the ground, ſome twelve Inches from the hook.

If you Angle for him with a Flye (which he will riſe at like a Trout) the Flye muſt be made of a large hook, which hook muſt carry ſix wings, or four at the leaſt; there is Judgment in making theſe Flyes.

The Salmon will come at a Gudgeon in the manner of a Trouling Line, and cometh at it bravely, which is fine Angling for him; you muſt be ſure your Line be of twenty ſix, or thirty Yards long, that you may have your convenient time to turn him; or elſe you are in danger to looſe him but if you turn him, you are likely to have him, all the danger is the running out, both of Salmon and Trout.

You muſt fore-caſt to turn the Fiſh as you do a wild Horſe, either upon the Right or Left hand, and wind up your Line

Line as you find occaſion in the guiding the Fiſh to the Shoar, having a large Landing-hook to take him up.

Cloſe to the bottom, in the midſt of the Water,
I Fiſh'd for a Salmon, and there I caught her.
My Plummet twelve Inches from the large hook,
Two Lob-worms hung equal, which ſhe ne're forſook:
Nor yet the great hook, with the ſix winged Flye,
And ſhe makes at a Gudgeon moſt furiouſly.
My ſtrong Line was juſt twenty ſix yards long;
I gave him a turn, though I found him ſtrong.
I wound up my Line, to guide him to Shoar;
The Landing-hook helpt much, but the Cookery more.

The Names of the Flyes that are uſed in Angling, with the times when they are in Seaſon, and what the Bodies and Wings are made of.

1. A Stone Fly, which is in Seaſon in *April*, the body of it is made with black-wool, made yellow under the Wings, and under the Tayl; the Wings are made of a Mallards Feather.

2. A Ruddy Fly is in ſeaſon in the beginning of *May*; the body is made of red wool wrapt about with blue Silk, the Wings are made of the Wing of a Drake, and a red Hackle.

3. The yellow, or greeniſh Fly, in Seaſon in *May*, made of yellow wool, his Wings made of red Hackles, and the Wing of a Drake.

4. The Dun Fly is ſometimes of Dun-wool, and ſometimes black, in Seaſon in *March*; his Wings made of Partridge-Feathers, black Drakes Feathers, and the Feathers under his Tayl.

The black Fly, in Seaſon in *May*, made of black wool, and wrapt about with Peacocks Tayl, his Wings the Feathers of the wings of a brown Capon, with the blue Feathes in his Head.

6. The ſad yellow Fly, in ſeaſon in *June*, made of black-wool with a yellow Liſt on either ſide; the Wings of a Buzzard, bound with black braked Hemp.

7. The Mooriſh Fly, in Seaſon in *June*, made of duskiſh wool, the Wings the black Male of a Drake.

8. The tawny Fly, good till the middle of *June*, made of Bears-wool, the wings made contrary one againſt the other

of

of the whitiſh Male of a wild Drake.

9. The Waſp-Fly, in Seaſon in *July*, made of black-wool, wrapt about with yellow Silk, the Wings of a Drakes Feathers, or Buzzards.

10. The Shell-Fly, good in the middle of *June*, made of greeniſh wool, wrapt about with Pearl of a Peacocks Tayl; the wings of a Buzzards Feathers.

11. The dark Drake-Fly, made of black wool wrapt about with black Silk; in Seaſon in *Auguſt*, the wings, the Male of the black Drake with a black Head.

12. The *May*-Fly, made of greeniſh coloured Cruel, or Willow colour, and darken it in moſt places with waxed Silk, or Ribb'd with a black hair, or ſome of them Ribb'd with Silver thread, and ſuch wings for the colour, as you ſee the Fly to have at that Seaſon.

13. The Oak-Fly, the body made of Orange-tawny, and black Cruel; the wings the brown of a Mallards Feather.

The beſt way of Dreſſing theſe, and all other ſorts of Fiſh, you may find in the next Part following.

FINIS.

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THE Compleat Cook's GUIDE.

OR

Directions for the Dreſſing of all ſorts of Fleſh, Fowl, and Fiſh, both in the *Engliſh* and *French* Mode; with the preparing of all manner of Sawces and Sallets proper thereunto.

TOGETHER

With the making of all Sorts of Pyes, Paſties, Tarts, and Cuſtards; with the Forms and Shapes of many of them.

WITH

Bills of Fare, both for Ordinary, and Extraordinary.

London, Printed in the Year 1677.

BRITISH MUSEUM

The Compleat Cook's Guide.

1. *To make a Lamb Pye.*

FIrſt, cut your Lamb into Pieces, and then Seaſon it with Nutmegs, Cloves, and Mace, and ſome Salt with Currans, Raiſins of the Sun, and Sweet Butter; and if you will eat it hot, when it is baked put in ſome Yolks of Eggs, with Wine-Vinegar and Sugar beaten together; but if you will eat it cold, put in no Eggs, but only Vinegar and Sugar.

2. *To make a Rice Pudding.*

Take thin Cream, or good Milk, of what quantity you pleaſe, boyl it with a little Cinamon in it, and when it hath boyled a while, take out the Cinamon, and put it in Roſe-water, & Sugar enough to make it ſweet and good; then having your Rice ready beaten as fine as Flower,

and

and ſierced as ſome do it, ſtrew it in, till it be of the thickneſs of a Haſty-pudding, then pour it into a Diſh, and Serve it.

3. *To make Cheeſe-Cakes the beſt way.*

Take two Gallons of New Milk, put into them two ſpoonfuls and a half of Runnet, heat the Milk little leſs then blood-warm, cover it cloſe with a Cloath, till you ſee the Cheeſe be gathered, then with a ſcumming-diſh gently take out the whey, when you have dreyn'd the Curd as clear as you can, put it into a Siev, and let it drain very well there; then to two quarts of Curds, take a quart of thick Cream, a pound of Sweet butter, twelve Eggs, a pound and half of Currans, a penny worth of Cloves, Nutmeg and Mace beaten, half a pound of good Sugar, a quarter of a pint of Roſe-water; mingle it well together, and put it into Puff-paſte.

4. *To make an Egg-Pye, or Mince-Pye of Eggs.*

Take the Yolks of two dozen of Eggs hard boyled, ſhred them, take the ſame quantity of Beef-Suet, half a pound of Pippins, a pound of Currans well waſht, and dry'd, half a pound of Sugar, a penny-

penny-worth of beaten Spice, a few Carraway-Seeds, a little Candyed Orange-peel ſhred, a little Verjuice and Roſe-water; fill the Coffin, and bake it with gentle heat.

5. *To Carbonado Mutton.*

Broil a Shoulder, or Breaſt of Mutton, then Scotch them with your Knife, and ſtrew on minc'd Thyme and Salt, and a little Nutmeg; when they are broiled, Diſh them up: The Sauce is Claret-wine boyled up with two Onions, a little Camphire and Capers, with a little Gravy, Garneſh'd with Lemons.

6. *To ſtew a Pheaſant* French *Faſhion.*

Roaſt your Pheaſant, till he be half Roaſted, then boyl it in Mutton-Broath, and put into the broath whole Pepper, whole Mace, and ſliced Onions, and Vinegar, and make it ſharp, and put in Pruans and Currans, and colour your broath with bruiſed Pruans.

7. *To make Biſket-Bread.*

Take half a peck of Flower fine, two Ounces of Anniſeeds, two Ounces of Coriander-ſeed, the whites of ſix Eggs,

a pint of Ale-yeaſt, with as much warm-water as will make it up into a Paſte, ſo bake it in a long Roul; when it is two days old, pare it, and ſlice it, then Sugar it, and dry it in an Oven, and ſo keep it all the year.

8. *To make a Diſh of Marrow.*

Take a piece of fine Paſte, and roul it very thin, then take the Marrow all as whole out of the bones as you can, and cleave it into four quarters, then take it and ſeaſon it with a little Pepper, Salt, Sugar, and Dates ſmall minced, then lay one piece in your Paſte, and make it up like a Peſcod, ſo make half a dozen of them and fry them in Clarified butter, ſcrape Sugar on, and ſerve them.

9. *To make a Herring-Pye.*

Put great ſtore of ſliced Onions, with Currans and Raiſins of the Sun, both above and under the Herrings, and ſtore of butter, put them into your Pye, and bake them.

10. *To make Black-Puddings.*

Take a quart of Sheeps-blood, and a quart of Cream, ten Eggs, the yolks and

the

the whites, beaten together, ſtir all this Liquor very well, then thicken it with grated bread, and Oat-meal finely beaten, of each a like quantity, Beef-ſuet finely ſhred, and Marrow in little lumps, ſeaſon it with a little Nutmeg, Cloves, and Mace mingled with Salt, a little ſweet Marjoram, Thyme, and Penny-royal ſhred very well together, and mingle them with the other things, ſome put in a few Currans; then fill them with clarified Guts, and boyl them very carefully.

11. *To make a good* Spaniſh *Olio.*

Take a Rump of Beef, or ſome of a Brisket, or Buttock, cut it to pieces; a Loyn of Mutton with the Fat taken off, and a fleſhly piece of a Leg of Veal, or a Knuckle, a piece of inter-larded Bacon, three or four Onions, or ſome Garlick, and if you will, a Capon or two, or elſe three great Tame-Pigeons. Firſt, put into the water the Beef and Bacon, after a while the Mutton, Veal, and Onions, but not the Capon or Pigeons, only ſo long till they are boyled enough, if you have *Garavanza's*, put them in at the firſt, after they have been ſoaked with Aſhes all night in heat, waſh them well in warm water,

or

or if you have Cabbage, Roots, Leeks, or whole Onions, put them in time enough to be ſufficiently boyled. You may at firſt put in ſome cruſts of bread, or Veniſon Pye-cruſt; it muſt boyl in all five or ſix hours gently, like ſtewing; after it is well boyled, a quarter, or half an hour before you intend to take it, take out a porringer full of broath, and put to it ſome Pepper, and five or ſix Cloves, and a Nutmeg, and ſome ſaffron, and mingle them well in it, then put that into the Pot, and let it boyl, or ſtew with the reſt a while, put in a bundle of ſweet Herbs, Salt muſt be put to it when it is ſcum'd.

12. *To Stew Veniſon.*

If you have much Veniſon, and do make many cold baked Meats, you may ſtew a Diſh in haſt thus: When it is ſliced out of your Pye, Pot, or Paſty, put it in your ſtewing-Diſh, and ſet it on a heap of coals, with a little Claret Wine, a ſprigg or two of Roſemary, half a dozen Cloves, a little grated bread, Sugar, and Vinegar, ſo let it ſtew together a while, then grate on Nutmeg, and Diſh it up.

13. *To Boyl a Leg of Veal and Bacon.*

Lard your Leg of Veal with Bacon all over, with a little Lemon-peel amongſt it, then boyl it with a piece of Middle-Bacon, when your Bacon is boyled, cut it in ſlices, ſeaſon it with Pepper and dryed Sage mixt together; Diſh up your Veal with the Bacon round about it, ſend up with it ſaucers of green Sauce; ſtrew over it Parſley and Barberies.

14. *To make Furmety.*

Take *French*-barley, and pick it, and waſh it, lay it in ſteep one Night, then boyl it in two or three ſeveral waters, and ſo cover it as you would do Wheat to make it ſwell; then take a quart of good Cream, and boyl it with a Race of Ginger cut in two pieces, one blade of Mace, and half a Nutmeg all in one piece; then put thereto ſo much of the Barley as will thicken it, and when it is almoſt boyled, ſtir in two or three Yolks of Eggs well beaten, and ſo ſtrained with a few beaten Almonds and Flower, or five ſpoonfuls of Roſe-water; then take out the whole Spices, and ſeaſon your Furmety with Salt, and ſweeten it with Sugar, and ſerve it.

15. *To*

15. *To make a Pig-Pye.*

Flea your Pigg, and cut it into pieces, and ſeaſon it with Pepper, Salt, Nutmeg, and large Mace, lay into your Coffin, good ſtore of Raiſins of the Sun, and Currans and fill it up with ſweet butter, ſo cloſe it, and ſerve it hot.

16. *To make a Neats-Foot-Pye.*

Firſt boyl your Neats-Foot, and take out the bones, then put in as much Beef-ſuet as in quantity thereto, and ſo mince them, then ſeaſon them with Cloves, Mace, Nutmeg, Sugar, and Salt, and put it into your Coffin with ſome Barberries, Currans, and Raiſins of the Sun, then bake it and always ſerve it hot.

17. *To make an Orangado-Pye.*

Make a handſome thin Coffin, with hot butter'd Paſte, ſlice your Orangado, and put over the bottom of it, then take ſome Pippins, and cut every one into eight parts, and lay them in alſo upon the Orangado, then pour ſome Syrup of Orangado, and Sugar on the top, and ſo make it up, and bake it, and ſerve it up with Sugar ſcraped on it.

18. *To make a Pork-Pye.*

Boyl your Leg of Pork, ſeaſon it with Nutmeg, Pepper, and Salt, and bake it five hours in a Round Pye.

19. *To make a Fricaſie of Veal.*

Cut your Veal in thin ſlices, beat it well with a Rowlling-pin, ſeaſon it with Nutmegs, Lemon, and Thyme, fry it ſlightly in the Pan, then beat two Eggs, and one ſpoonful of Verjuice, put it into the Pan, ſtir it together, fry it, and Diſh it.

20. *To make a Quince-Pye.*

Take a Gallon of Flower, a pound and half of butter, ſix Eggs, thirty Quinces, three pound of Sugar, half an Ounce of Cinamon, half an Ounce of Ginger, half an Ounce of Cloves, and Roſe-water; make them into a Tart, and being baked, ſtrew on double-refined Sugar.

21. *To make a Gooſeberry-Fool.*

Pick your Goosberries, and put them into clean water, and boyl them till they be all as thick that you cannot diſcern what it is, to the quantity of a quart, take ſix Yolks

Yolks of Eggs well beaten with Roſe-water, before you put in your Eggs, ſeaſon it well with Sugar, then ſtrain your Eggs, and let them boyl a while, put it in a broad Diſh, and let it ſtand till it is cold, and ſerve it.

22. *To make a Tart of Green-Peaſe.*

Boyl your Peaſe tender, and pour them out into a Cullender, ſeaſon them with Saffron, Salt, ſweet butter, and Sugar, then cloſe it, and let it bake almoſt an hour, then draw it forth and Ice it, put in a little Verjuice, and ſhake it well, then ſcrape on Sugar, and ſerve it.

23. *To Souce an Eel.*

Souce an Eel with a handful of Salt, ſplit it down the back, take out the Chine-bone, ſeaſon the Eel with Nutmeg, Pepper, Salt, and ſweet Herbs minc'd; then lay a pack thread at each end, and the middle roul up like a Collar of Brawn, then boyl it in water, Salt and Vinegar, a blade or two of Mace, and half a ſlice of Lemon, boyl it half an hour, keep it in the ſame Liquor two or three days, then cut it out in round pieces, and lay ſix or ſeven in a Diſh with Parſley and Barberries, and ſerve it with Vinegar in Saucers.

24. *To make a Bacon-Tart.*

Take a quarter of a pound of the beſt Jordan-Almonds, and put them in a little warm water to blanch them, then beat them together in a Mortar with three or four ſpoonfuls of Roſe-water, then ſweeten them with fine Sugar; then take Bacon that is clear and white, and hold it upon the point of a Knife againſt the Fire, till it hath dropt a ſufficient quantity, then ſtir it well together, and put it into the Paſte, and bake it.

25. *To make an Umble-Pye.*

Lay Beef-ſuet minc'd in the bottom of the Pye, or ſlices of Inter-larded Bacon, and cut the Umbles as big as ſmall Dice, cut your Bacon in the ſame Form, and ſeaſon it with Nutmeg, Pepper, and Salt, fill your Pyes with it, with ſlices of Bacon and Butter, cloſe it up, and bake it; Liquor it with Claret, Butter, and ſtripped Thyme, and ſo ſerve it.

26. *To keep Aſparagus all the Year.*

Par-boyl your Aſparagus very little, and put them into Clarified Butter, cover them with it, and when the Butter is cold, cover

cover them with Leather, and about a Moneth after refreſh the butter, melt it, and put it on them again; then ſet them under Ground, being covered with Leather.

27. *To Roaſt a Hanch of Veniſon.*

If your Veniſon be ſeaſoned, you muſt water it, and ſtick it with ſhort ſprigs of Roſemary; let your Sauce be Claret-Wine, a handful of grated Bread, Cinamon, Ginger, Sugar, a little Vinegar; boyl theſe up ſo thick, as it may only run like batter; it ought to be ſharp and ſweet: Diſh up your Meat on your Sauce.

28. *To Carbonado Hens.*

Let your Sauce be a little White-Wine and Gravy, half a dozen of the yolks of hard Eggs minced, boyled up with an Onion, add to it grated Nutmeg; thicken it up with the yolk of an Egg or two, with a Ladle full of drawn butter; Diſh up your Hens, and pour over your Sauce, ſtrew on yolks of Eggs minced, and garniſh it with Lemon.

29. *To*

29. *To Fry Artichoaks.*

When they are boyled and ſliced fitting for that purpoſe, you muſt have your Yolks of Eggs beaten with a grated Nutmeg or two; when your Pan is hot, you muſt dip them into the Yolks of Eggs, and charge your Pan; when they are fryed on both ſides, pour on drawn butter: And if you will fry *Spaniſh* Potato's, then the Sauce is, Butter, Vinegar, Sugar, and Roſe-water; theſe for a need may ſerve for Second-Courſe Diſhes.

30. *To make a Hedg-Hog-Pudding.*

Put ſome Raiſins of the Sun into a deep wooden Diſh, and then take ſome grated bread, and one Pint of ſweet Cream, three Yolks of Eggs, with two of the whites, and ſome Beef Suet, grated Nutmeg, and Salt, then ſweeten it with Sugar, and temper all well together, and ſo lay it into the Diſh upon the Raiſins, then tye a cloath about the Diſh, and boyl it in Beef-broath, and when you take it up lay it in a pewter Diſh, with the Raiſins upper-moſt, and then ſtick blanched Almonds very thick into the Pudding, then melt ſome butter, and pour it upon the

Pudding, then ſtrew ſome Sugar about the Diſh, and ſerve it.

31. *To ſtew a Leg of Lamb.*

Cut it into pieces, and put it into your ſtewing-pan, being firſt ſeaſoned with Salt and Nutmeg, and as much butter as will ſtew it, with Raiſins of the Sun, Currans, and Gooſeberries; when it is ſtewed, make a Caudle with the Yolks of two or three Eggs, and ſome Wine-Vinegar and Sugar beaten together, and put it into your meat, and ſtew all a little longer together; then diſh it, ſtrew ſugar on the brims, and ſerve it hot.

32. *To bake a Pickerel.*

Boyl your Pickerel, and pull out the ribs and bones, then put it into your paſte, and ſeaſon it with pepper and ſalt and put in ſome butter, and raiſins of the Sun, and ſo bake it.

33. *To make a Haggeſs-Pudding*

Take a fat Haggeſs, parboyl it well, take out the kernels, ſhred it ſmall, and temper it with a handful or two of grated Manchet; then take three or four eggs well beaten, Roſe-water, ſugar, cloves,

nut-

nutmeg, cinamon, and mace finely beaten, currans and marrow good ſtore; temper them altogether with a quantity of cream, being firſt moderately ſeaſoned with ſalt.

34. *To make a diſh of Meat with Herbs.*

Take Sives, Parſley, Thyme, Marjoram, and roaſt three or four eggs hard, and a quantity of mutton-ſuet, beef or lamb, chop them fine all together, and ſeaſon it with cloves, mace, ginger, ſugar, and cinamon, and a little ſalt; then fry them with a little ſweet butter.

35. *To make Cream of Eggs.*

Take one quart of cream, and boyl it, then beat four whites of eggs very well with two ſpoonfuls of Roſe-water; when the cream is boyled enough, take it off the fire, and when it is cool, ſtir in the eggs with a little ſalt; then garniſh your diſh with fine ſugar ſcraped thereon, and ſerve it always cold for a cloſing diſh.

36. *To make a fine Pudding in a diſh.*

Take a penny white-loaf, and pare off all the cruſt, and ſlice it thin into a diſh with a quart of cream, and let it boyl

over a Chafing-dish of coals, till the bread be almost dry, then put in a piece of sweet butter, and take it off, and let it stand in the dish till it be cold, then take the yolks of three Eggs, and the quantity of one with some Rose-water, and Sugar, and stirring them all together, put it into another Dish well butter'd, and bake it.

37. *To broyl Scollops.*

First boyl the Scollops, then take them out of the Shells, and wash them, then slice them, and season them with Nutmeg, Ginger, and Cinamon, and put them into the bottom of your shells again with a little Butter, White-Wine, Vinegar, and grated bread, let them be broyled on both sides; if they are sharp, they must have Sugar added to them, for the Fish is luscious, and sweet Naturally; therefore you may broyl them with Oyster-Liquor and Gravy, with dissolved Anchovies, minced Onions and Thyme, with the juice of Lemon in it.

38. *To boyl Wild-Ducks.*

First half Roast them, then take them off, and put them in a shallow broad pan that will contain them, with a Pint of Claret-

ret-Wine, and a pint of ſtrong broath, a dozen of onions cut in havles, a Faggot or two of ſweet Herbs, with a little whole Pepper, and ſome ſlices of Bacon; cover your pan, and let them ſtove up, add gravy to part of the Liquor, at leaſt ſo much as will ſerve to Diſh them: Garniſh them with Bacon and Onions if you pleaſe.

39. *To make a Veniſon-Paſty.*

When you have powdered your Haunch of Veniſon, or the ſides of it, by taking away all the bones and Sinews, and the skin, or fat, ſeaſon it with Pepper and Salt only, beat it with your Rolling-pin, and proportion it for the Paſty, by taking away from one part, and adding to another, your paſte being made with a peek of fine Flower, & about three pound of butter, and twelve Eggs, work it up with cold water into a ſtiff paſte as you can, drive it forth for your Paſty, let it be as thick as a Mans Thumb, roul it up upon a Rolling-pin, and put under it a couple of ſheets of Cap-Paper well flowered, then your white being already minced and beaten with water, proportion it upon the Paſty to the breadth and length of the Veniſon; then lay your Veniſon in the ſaid

white, waſh it round with your feather, and put on a border, ſeaſon your Veniſon on the top, and turn over your other leaf of paſte, ſo cloſe up your Paſty; then drive out another border for garniſhing the ſides up to the top of the Paſty, ſo cloſe it together by the rolling-pin, by rolling it up and down by the ſides and ends; and when you have flouriſh'd your garniſhing, and edg'd your Paſty, vent it at the top, ſet it in the Oven, and let it have four or five hours baking at the leaſt, and then draw it.

40. *To make a Damſon-tart.*

Take Damſons, and ſeeth them in Wine, and ſtrain them with a little cream, then boyl your ſtuff over the fire till it be thick, and put thereto ſugar, cinamon, and ginger, but ſet it not in the Oven after, but let your paſte be baked before.

41. *To Roaſt a Rabbet with Oyſters.*

Waſh your Rabbet, and dry it well, then take half a pint of Oyſters, waſh them, and wipe them clean one by one, and put them into the Rabbets belly, a couple of Onions ſhred, whole Pepper, large mace, two or three ſprigs of Thyme,

ſew

ſew up the belly; and for the ſauce, as uſual, the liver and parſly, and a hard egg, ſhred them together, and beat ſome butter thick, put into the diſh, and ſerve it.

42. To *ſtew Collops of Beef.*

Take of the buttock of Beef thin ſlices, croſs the grain of the meat; then hack them, and fry them in ſweet butter; and being fryed fine and brown, put them in a Pipkin with ſome ſtrong broath, a little Claret-wine, and ſome Nutmeg; ſtew it very tender, and half an hour before you diſh it, put to it ſome good Gravy, Elder-Vinegar, and a Clove or two; when you ſerve it, put ſome juice of Orange, and three or four ſlices on it, ſtew down the Gravy ſomewhat thick, and put unto it when you diſh it, ſome beaten butter.

43. To *make a Beef-paſty like Red-Deer.*

Take freſh Beef of the fineſt, without Sinews or Suet, and mince it as ſmall as you can, and ſeaſon it with Salt and Pepper, and put in two ſpoonfuls of Malmſey; then take Lard, and cut it into ſmall pieces, and lay a layer of Lard, and a layer of Beef, and lay a ſhin of Beef upon it like Veniſon, and ſo cloſe it up.

44. *To Bake a Hare.*

Take the beſt of the Hare minced and ſeaſoned with Pepper, Salt, and Mace, then make a proportion of the Head, or ſhoulders, as you make for an Hare-paſty, and lay in a layer of Fleſh, and a layer of Lard, and butter aloft, and beneath, and make a Gallentine for it in a Saucer.

45. *To Boyl a Salmon.*

Take as much water as will cover it, then take Roſemary, Thyme, and Winter-Savoury, and Salt, boyl all theſe very well, and then put in ſome Wine-Vinegar, and when your Salmon is boyled, let him remain in the ſame water always until you have occaſion to eat of it.

46. *To make an Oyſter-Pye.*

Firſt dry your Oyſters, and then put them into your Coffin with ſome butter, and whole large Mace, and ſo bake it; then take off the Lid, and fill it up with more butter, putting ſome of the Liquor of the Oyſters alſo thereunto, then ſeaſon it well with Sugar, and ſerve it hot to the Table at the Firſt Courſe.

47. To

47. *To Butter Eggs upon Toaſts.*

Take twenty Eggs, beat them in a Diſh with ſome Salt, and put butter to them, then have two large Rolls, or fine Manchets, cut them in Toaſts, and Toaſt them againſt the Fire, with a pound of fine ſweet butter, being finely butter'd in a fair clean Diſh, put the Eggs on the Toaſts, and Garniſh your Diſh with Pepper and Salt, otherwiſe half boyl them in the ſhells, then butter them, and ſerve them on Toaſts, or Toaſts about them.

48. *To make a Fricacie of Chickens.*

Scald three or four Chickens, and flea off the Skin and Feathers together, put them in a little water, take half a pint of White-wine, and two or three whole Onions, ſome large Mace and Nutmeg tyed up in a Cloath, a bundle of ſweet Hearbs, and a little Salt, and put them all in a Pipkin cloſe covered; let them ſimper a quarter of an hour, then take ſix Yolks of Eggs, half a pound of ſweet butter, four Anchovies diſſolved in a little broath; ſhred your boyled Spice ſmall, take a quarter of a pound of Capers, and ſhred them very ſmall, put the

Anchovies diſſolved into the Eggs and Butter, and Capers, and ſo ſtir it all together over a Chafing-diſh of coals, till it begin to thicken, then take the Chickens out of the broath, and put lear upon them, ſerve them with Sippets, and Lemon ſliced.

49. *To make an Eel-pye with Oyſters.*

Waſh your Eels, and Gut them, and dry them well in a Cloath; to four good Eels allow a pint of Oyſters well waſhed, ſeaſon them with Pepper, Salt, and Nutmeg, and large Mace; put half a pound of butter into the Pye, and half a Lemon ſliced, ſo bake it; when it is drawn, take the Yolks of two Eggs, a couple of Anchovies diſſolved in a little White-Wine, with a quarter of a pound of freſh butter, melt it and mix it all together, and make a lear of it, and put into the Pye.

50. *To make Puff-Paſte.*

Break two Eggs in three pints of Flower, make it with cold water, then roul it out pretty thick, and ſquare; then take ſo much butter as paſte, and divide your butter in five pieces, that you may lay it on at five ſeveral times; roul your Paſte very

very broad, and break one part of the ſame butter in little pieces all over your Paſte, then throw a handful of Flower ſlightly on, then fold up your Paſte, and beat it with a Rolling-pin, ſo roul it out again; thus do ſeveral times, and then make it up.

51. To *make Barley-Broath.*

Put your Barley into fair water, give it three qualms over the Fire, ſeperate the Waters, and put it into a Cullender, boyl it in a fourth water with a blade of Mace, and a Clove; and when it is boyled away, put in ſome Raiſins and Currans, and when the Fruit is boyled enough, take it off, and ſeaſon it with White-wine, Roſe-water, Butter, and Sugar, and a couple of Yolks of Eggs beaten with it.

52. To *bake a Pig.*

Take a good quantity of Clay, and having moulded it, ſtick your Pig, and blood him well, and when he is warm, put him in your prepared Coffin of clay, thick every where, with his Hair, Skin and all (his Entrails drawn, and belly ſewed up again) then throw him into the Oven, or below the Stock-hole under the Furnace, and there let him ſoak, turn him

now

now and then when the clay is hardened, for twelve hours, and he is then ſufficiently baked, then take him, and break off the clay, which eaſily parts, and he will have a fine criſpy Coat, and all the juice of the Pigg in your Diſh, remember but to put a few leaves of Sage, and a little Salt in his belly, and you need no other Sauce.

53. *A Grand Sallet.*

Take a quarter of a pound of Raiſins of the Sun, as many blanched Almonds, as many Capers, as many Olives, as much Samphire, as many pickled Cucumbers, a Lemon ſhred, ſome pickled *French*-beans, a wax Tree ſet in the middle of the Diſh, paſted to the Diſh; lay all their Quarters round the diſh, (you may alſo mince the Fleſh of a Roaſted Hen, with Sturgeon and Shrimps) and Garniſh the diſh with cut Beans and Turneps, in ſeveral Figures.

54. *To make a Sallet of a cold Hen or Pullet.*

Take a Hen and Roaſt it, let it be cold, Carve up the Leggs, take the Fleſh and mince it ſmall, ſhred a Lemon, a little Parſley and Onions, an Apple, a little

Peppe-

Pepper and Salt, with Oyl and Vinegar; Garniſh the diſh with the bones and Lemon-peel, and ſo ſerve it.

55. *To boyl a Capon Pullet, or Chicken,*

Boyl them in good Mutton-broath, with Mace, a Faggot of ſweet Herbs, Sage, Spinage, Marygold-leaves and Flowers, white or green Endive, Burrage, Bugloſs, Parſley, and Sorrel, and ſerve it on Sippets.

56. *To Stew Ducks the* French *Faſhion.*

Take the Duck and half Roaſt it, put half a ſcore Onions in the belly whole, ſome whole pepper, a bundle of Thyme, and a little Salt, when it is half Roaſted, take it up and ſlaſh it into pieces, put it between two diſhes, and pierce the Gravy, mix ſome Claret-Wine with that Gravy, and a little ſliced Nutmeg, a couple of Anchovies, waſh them and ſlit them, ſlice the Onions in the Ducks belly, cover the Diſhes cloſe, ſo let them ſtew while enough, take ſome butter, beat it thick, and ſhred a Lemon in it, and ſerve it: Garniſh your Diſh with the Lemon-peel, and your Onions.

[57. To

57. To *make a Florentine.*

Take the kidney of a Loin of Veal, or the wing of a Capon, or the leg of a Rabbit; mince any of theſe ſmall with the kidney of a Loin of Mutton, if it be not fat enough, then ſeaſon it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans, Eggs, and Roſe-water: mingle theſe four together, and put them into a diſh between two ſheets of paſte, then cloſe it, and cut the Paſte round by the brim of the diſh; then cut it round about like Virginal-keys, turn up one, and let the other lye; prick it, bake it, ſcrape on Sugar, and ſerve it.

58. To *make Curd-Cakes.*

Take a pint of Curds, four Eggs, take out two of the whites, put in ſome Sugar, a little Nutmeg, and a little Flower; ſtir them well together, and drop them in, and fry them with a little Butter.

59. To *Roaſt a Leg of Mutton the* French-*way.*

Take half a pound of Mutton, and a quarter of a pound of Suet, ſeaſon it with ſweet Herbs, and a little Nutmeg, and

two

two or three ſhallots; ſlice theſe very ſmall, and ſtuff the Mutton round; then take ſome of the beſt *Hackney*-Turneps, and boyl them in Beef-broath very tender, then ſqueeze the water from them a little, ſet them in a diſh under the Leg of Mutton, when it is half roaſted, and ſo let the gravy drop into them; and when the Meat is roaſted, ſerve them in the diſh with it, with a little freſh butter and vinegar: Garniſh your diſh with ſliced Onions and Parſley, and ſome of the Turneps ſlic'd.

60. *To ſtew a Carp.*

Take a living Carp, and knock him on the head, open him in the belly, take heed you break not the gall, pour in a little Vinegar, and waſh out all the blood, ſtir it about with your hand, and keep the blood ſafe; then put as much White-Wine into a pan or skillet, as will almoſt cover, and ſet it on the fire; put to it an Onion cut in the middle, a Clove or leſs of Garlick, a Race of Ginger ſhred, a Nutmeg quartered, a Faggot, or bundle of ſweet Herbs, and three or four Anchovies; your Carp being cut out, and rubbed all over with ſalt, when the Wine (into which you may put in a little water) doth

doth boyl, put the Carp in and cover him close, and let him stew up about a quarter of an hour, then put in the blood and Vinegar, with a little butter, so Dish up the Carp, and let the Spawn, Milt, and Revet be laid upon it; the Liquor that boyled him with the butter is the best Sauce, and is to be eaten as broath: Garnish the dish with Lemons and grated bread.

61. *To make Marrow-Puddings.*

Take a pound of the best Jordan-Almonds, blanch them, beat them fine in a stone or wooden Mortar (not in brass) with a little Rose-water, take a pound of fine powder-sugar, a penny-loaf grated, Nutmeg grated, a pint of Cream, the Marrow of two Marrow-bones, two grains of Amber-greece, mingle them all together with a little salt, fill the skins, and boyl them gently as before.

62. *To make a Sack-Posset.*

Set a Gallon of Milk on the Fire, with whole Cinamon and large Mace, when it boyls stir in a half, or whole pound of Naples-bisket grated very small, keeping it stiring till it boyls, then beat eight Eggs

Eggs together, caſting of the whites away; beat them well with a Ladle-full of Milk, then take the Milk off the Fire, and ſtir in the Eggs; then put it on again, but keep it ſtirring for fear of curdling; then make ready a pint of Sack, warming it upon the coals, with a little Roſe-water; ſeaſon your Milk with Sugar, and pour it into the Sack in a large baſon, and ſtir it a pace, then throw on a good deal of beaten cinamon, and ſo ſerve it up.

63. *To Haſh a Rabbit.*

When your Rabbit is waſh'd, you muſt take the Fleſh from the bones, and mince it ſmall, then put to it a little ſtrong broath and Vinegar, an Onion or two, with a grated Nutmeg, and let it ſtew up together, then mince a handful of boyled Parſley green, with a Lemon cut like Dice, and a few Barberries, put it into the Haſh, and toaſt it all together, and when it is enough, put a Ladle full of ſweet butter to it, and diſh it upon the Chines, and Garniſh it with Lemons.

64. *To make a Freſh Cheeſe.*

Take ſome New Milk, or Cream, and a Race of Cinamon, ſcald it, then take it

it off the Fire, ſweeten it with fine Sugar, then take a ſpoonful of Runnet to two quarts of Milk, ſet it by, and keep it cloſe covered, and ſo let it ſtand, when the cheeſe comes, ſtrew a little fine Sugar and grated Nutmeg, and ſerve it in with Sippets, Sops in Sack, or Muskadine.

65. *To make an Artichoak-Pye.*

Take the bottoms of ſix Artichoaks, boyled very tender, put them in a Diſh and ſome Vinegar over them, ſeaſon them with Ginger and Sugar, a little Mace whole, and put them in a coffin of Paſte, when you lay them in, lay ſome Marrow and Dates ſliced, and a few Raiſins of the Sun in the bottom, with good ſtore of butter, when it is half baked, take a Gill of Sack being boyled firſt with ſugar, and a peel of Orange: Put it into the pye, and ſet it in the Oven again till you uſe it.

66. *To make Marrow-Paſties.*

Shred the Marrow and Apples together and put a little ſugar to them, put them into puff-paſte, and fry them in a pan with freſh butter, and ſerve them up to the Table, with a little white ſugar ſtrewed on it.

67. *To*

67. To *make Green Sauce.*

Take a good handful of Sorrel, beat it in a Mortar with pippins pared and quartered, with a little Vinegar and Sugar; put it into Saucers.

Or take ſorrel, beat it, and ſtamp it well in a Mortar, ſqueeze out the juice of it, and put thereto a little Vinegar, ſugar, and two hard Eggs minced ſmall, a little Nutmeg grated, and butter, ſet this upon the coals till it is hot, and pour it into the Diſh on the ſippets: This is ſauce for Hen, and Veal, and Bacon.

68. To *Pickle Oyſters.*

Take a quart of the largeſt great Oyſters with the Liquor, waſh them clean and wipe them, add to them a pint of fair water, with half a pint of White-Wine-Vinegar, half an ounce of whole Pepper, an handful of ſalt, a quarter of an Ounce of large Mace, with the Liquor of the Oyſters ſtrained; put all together in a pipkin over a ſoft Fire, let them ſimper together a quarter of an hour; when the Oyſters are enough, take them up, and put them into a little fair water and Vinegar till they be cold, the pickle boyl-

ing

boyling a quarter of an hour after the Oysters are taken up; both being cold, put them up together: When you use them, Garnish the dish with Barberries, and Lemons, and a little Mace and Pepper, and pour in some of the pickle.

69. *To make* Scotch *Collops of Veal.*

Cut out your Fillet into very broad slices, fat and lean, not too thick: Take eight Eggs, beat them very well with a little Salt, grate a whole Nutmeg, take a handful of Thyme, and strip it, then take a pound of Sausages, half a pint of stewing Oysters of the largest, wash and cleanse them from the gravel, then half fry your Veal with sweet butter, then put in your Sausages and Oysters, then take a quarter of a pound of Capers, shred them very small, with three Anchovies dissolved in White-Wine and fair water, so put in your Eggs, shred Capers and Anchovies, Butter and Spice, and mingle them, and strew them in the pan upon the Veal and Oysters, serve it with Sippets, with a little fresh butter and Vinegar, with Lemons sliced, and Barberries, with a little Salt. You must have a care to keep the meat stiring, lest the Eggs curdle with the heat of the fire.

70. *To*

70. *To make a rare White-Pot.*

Take three pints of Cream, whole Cinamon, a little ſliced Nutmeg, ſet on the Cream and Spice, and ſcald it, take a penny-loaf and ſlice it very thin, take a couple of Marrow-bones, lay the Marrow ſliced on the bottom of the diſh, upon the Marrow lay the Bread, then lay Raiſins of the Sun over the Bread, and lay Marrow again as before: To the three pints of ſcalded Cream, add nine yolks of Eggs well beaten with Roſe-water, ſweeten the Cream with white Sugar, and take out the whole cinamon, and beat the cream, and Eggs well, fill up a broad ſhallow Baſon and bake it, when it is enough ſcrape fine ſugar on it, and ſtick it with red and white Muſcadoes, and ſo ſerve it.

71. *To make a very fine Cuſtard.*

Take a quart of Cream and boyl it with whole Spice, then beat the yolks of ten Eggs, and five whites, mingle them with a little cream, and when your cream is almoſt cold, put your Eggs into it, and ſtir them very well, then ſweeten it, and put out your cuſtard into a deep diſh, and bake it, then ſerve it in with *French* Comfits ſtrewed on it.

72. To *make Minc'd-Pyes of an Eel.*

Take a freſh Eel, flea it, and cut off the Fiſh from the bones, mince it ſmall; then pare two or three Wardens, or Pears, mince of them as much as of the Eel, temper them together, and ſeaſon them with Ginger, Pepper, Cloves, Mace, Salt, a little Sanders, ſome Currans, Raiſins, Pruans, Dates, Verjuice, Butter, and Roſe-water.

73. To *bake Rabbits to be eaten cold.*

When your Rabbits are parboyled, take out all the bones you can well take out, and lard them, then ſeaſon them with Pepper, Salt, Cloves, Mace, and Nutmegs, with a good quantity of Savoury, and forc'd Meat; then put them into your prepared coffin, put in butter, and cloſe your Pye, bake it, and when it is cold, fill it with clarified Butter.

74. To *bake a Joll of Ling in a Pye.*

Let your Ling be almoſt boyled, and then ſeaſon it with Pepper only (the skin being firſt taken off, ſtrew the bottom of your prepared coffin with an Onion or two minced ſmall; cloſe your Pye, and bake

bake it; then take the Yolks and Whites of about a dozen Eggs, not boyled altogether hard, mince them ſmall with your Knife, and put them into drawn Butter, toſs them together; then draw your Pye, and pour in this Lear of Eggs all over, and ſhake it together, ſo put on your Lid, and Diſh your Pye.

75. To *Bake a Turkey.*

Boyl and Lard your Turkey, when it it par-boyled, ſeaſon it with Pepper, Salt, and a little Cloves and Mace; then put him into your prepared Coffin, lay on Butter and cloſe it; put the Head on the top with your Garniſh, then bake it, and fill it with Clarified Butter when it is cold.

76. To *Roaſt Calves-Feet.*

Firſt boyl them tender, and blanch them, and being cold, Lard them thick with ſmall Lard, then ſpit them on a ſmall ſpit, and Roaſt them; ſerve them with ſauce made of Vinegar, Cinamon, Sugar, and Butter.

77. To

77. *To bake a Gooſe.*

Break the bones of your Gooſe, and parboyl him, then ſeaſon him with Pepper and ſalt, and a little Cloves and Mace, if you pleaſe, you may bake a Rabbit or two with it, becauſe your ſtubble-Geeſe are very Fat, and your Rabbits dry, you need not lard either, bake it in good hot butter paſte.

78. *To make Apple-Pyes to Fry.*

Take about twelve Pippins, pare them, cut them, and almoſt cover them with water and almoſt a pound of ſugar, let them boyl on a gentle Fire cloſe covered, with a ſtick of Cinamon, minced Orange-peel, a little Dill ſeed beaten, and Roſe-water, when this is cold and ſtiff, make them into little Paſties with rich Paſte, and ſo fry them.

79. *To make a Rare* Dutch *Pudding.*

Take a pound and a half of Freſh Beef, all Lean, with a pound and a quarter of Beef-Suet, both ſliced very ſmall, then take a ſtale half-penny loaf and grate it, a handful of Sage, a little Winter-ſavoury, and a little Thyme, ſhred all theſe very ſmall,

ſmall, take four Eggs, half a pint of Cream, a few Cloves, Nutmegs, Mace, and Pepper finely beaten; mingle them all together very well with a little Salt, roul it all up together in a green Colwort-Leaf, and then tye it up hard in a Linnen Cloath; Garniſh your diſh with grated bread, and ſerve it up with Muſtard in Saucers.

80. *To make Sauſages.*

Take Pork, more Lean then Fat, mince it exceeding ſmall together, then take part of the Fleak of Pork, which is the Suet, in pieces about the bigneſs of the top of your Finger, ſeaſon each a part with Sage minced, good ſtore of Pepper and Salt, with ſome Cloves and Mace mixt in the ſeaſoning each of them, then take ſmall Sheepsguts, and cleanſe them, (ſome uſe Caponsguts) and fill them with your Funnel, always putting ſome of the fleak between the minced, if you have it ready, you may ſprinkle a little Sack on the top of the Sauſage-meat, & it will make it fill the better.

81. *To Stew Beef in Gobbets, the* French *Faſhion.*

Take a Flank of Beef, or any part but the Legg, cut it into ſlices, or Gobbets as

big as Pullets Eggs, with ſome Gobbets of Fat, and boyl it in a Pot or Pipkin with ſome fair ſpring water, ſcum it clean, and after it hath boyled an hour, put to it Carrots, Parſnips, Turnips, great Onions, ſome Salt, Cloves, Mace, and whole Pepper; cover it cloſe, and ſtew it till it be very tender; and half an hour before its ready put into it ſome pick'd Thyme, Parſley, Winter-ſavoury, Sweet Marjoram, Sorrel, and Spinage, (being a little bruiſed with the back of a Ladle) with ſome Claret-wine: Then Diſh it on fine Sippets, and ſerve it to the Table hot; Garniſh it with Grapes, Barberries, or Goosberries: Or elſe uſe Spices, the bottoms of boyled Artichoaks put into beaten Butter, and grated Nutmeg, garniſhed with Barberries.

82. *To boyl a Capon, or Chicken with Sugar-Peaſe.*

When the Cods be but young, ſtring them, and pick off the Husks, then take two or three handfuls and put them into a Pipkin, with half a pound of ſweet butter, a quarter of a pint of fair water, groſs Pepper, Salt, Mace, and ſome Sallet-Oyl; ſtew them till they be very tender,

der, and ſtrain to them three or four yolks of Eggs, with ſix ſpoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your pan be ſeaſoned with a little White-wine, a couple of Onions cut in halves, a bunch of ſweet Herbs, and a little white Pepper; boyl them up very quick, and flea them on both ſides, and Diſh them upon Sippets: Then take a little White-wine, Gravy, and Vinegar, with a grated Nutmeg, and almoſt boyl it over a Chafing-diſh, then pour ſweet butter over it; Garniſh it with Barberries, and ſliced Lemons.

84. *To boyl Eels.*

Cut the Eels, and ſtew them; when they are half done, beat a little Ale with Vinegar and put into the Liquor, with ſome Parſley and ſweet Herbs; Diſh them and ſerve them up in their broath with a little Salt.

85. *A* Turkiſh *Diſh of Meat.*

Take an inter-larded Piece of Beef, cut it into thin ſlices, and put it into a pot with a cloſe cover, or ſtewing-pan; then put

into it a good quantity of clean pick'd Rice, skin it very well, and put into it a quantity of whole Pepper, two or three whole Onions, and let it boyl very well, and take out the Onions, and Diſh it on Sippets; the thicker it is the better.

86. *To boyl a Chine of Beef Powdered.*

Take either a Chine, Rump, Surloin, Brisket, Rib, Flank, Buttock, or Fillet of Beef, and give them in Summer, a weeks powdering, in Winter a Fortnight, you may ſtuff them, or let them be plain; if you ſtuff them, do it with all manner of ſweet Herbs, with Fat Beef minced, and ſome Nutmeg; ſerve them on brewis, with Roots, or Cabbage boyled in Milk, with beaten butter.

87. *To make a Haſh of a Capon or Pullet.*

Take a Capon, or Patridg, or Hen, and Roaſt them, and being cold, mince the brains and wings very fine, and tear the Legs and Rumps whole, to be Carbonaded; then put ſome ſtrong Mutton-broath, or good Gravy, grated Nutmeg, a great Onion and Salt, then ſtew them in a large Earthen Pipkin, or ſauce-pan, ſtew the Rumps and Legs in the ſame ſtrong

ſtrong broath in another Pipkin; then take ſome light *French* bread chipt, and cover the bottom of the Diſh, ſteep the bread in the ſame broath, or good Mutton Gravy, then pour the Haſh on the ſteeped bread, lay the Legs and the Rump on the Haſh with ſome fryed Oyſters, ſliced Lemon, and Lemon-peel, the juice of an Orange, and yolks of Eggs ſtrained, and beaten butter; Garniſh the Diſh with carved Oranges, Lemons, *&c.* Thus you may Haſh any kind of Fowl.

88. *To Dreſs a Cods-Head.*

Cut off the Cods-Head beyond the Gills, that you may have part of the body with it, boyl it in water and ſalt, to which you may add half a pint of Vinegar, the Head muſt be little more than covered; before you put it into the Cauldron, take a quart of the biggeſt cleaneſt Oyſters, and a bunch of ſweet Herbs and Onions, and put them into the mouth of the Head, and with a Pack-thread bind the Jaws faſt, you muſt be ſure to pick it, and waſh it very clean: When it is boyled enough, take it up, and ſet it a drying over a Chafing-diſh of coals, then take the Oyſter Liquor, four Anchovies, and a

ſliced Onion; put to them a quarter of a pint of White-wine, and ſweet-butter, and melt them together, and pour it on the Cods-Head; ſtick all, or moſt of the Oyſters upon the Head, or where they will enter, and Garniſh it over with them; grate on a little Nutmeg, and ſend it ſmoaking up; Garniſh the brims of the Diſh with Lemon, and ſliced Bay-leaves.

89. *To Boyl Widgeons, or Teal.*

Par-boyl your Widgeons, or Teal, and then ſtick whole Cloves in their breaſts, put into their bellies a little Winter-ſavory, or Parſly; boyl them in a Pipkin by themſelves, thicken it with Toaſts, ſeaſon it with Verjuice, Sugar, and a little Pepper; Garniſh your Diſh with Barberries and Pruans, and ſo ſerve them.

90. *To make a Veal-Pye.*

When your Paſte is raiſed, then cut your Leg of Veal into pieces, and ſeaſon it with pepper, nutmeg, and ſalt, with ſome whole large Mace, and ſo lay it into your prepared Coffin, with good ſtore of Raiſins of the Sun and Currans, and fil. it up with ſweet Butter; then cloſe it, and

and ſet it in the Oven, and when bak'd, ſerve it hot.

91. *To make Fry'd Puddings.*

Take grated bread, Currans, Cloves and Mace, with Beef-Suet, and Sugar, and one Yolk of an Egg beaten, mix all well together, and make them into flat bowls, then fry them in Beef-Suet, and garniſh your diſh with Sugar; ſerve them always at the firſt Courſe.

92. *To Bake a Breaſt of Veal.*

Firſt par-boyl it, and take out the long bones, and ſo lay it in a Diſh in Vinegar two or three hours, then take it out, and ſeaſon it with Pepper and Salt, and ſo lay it into a thin fine paſte, with good ſtore of fine ſweet Hearbs finely chopt, and good ſtore of Butter, or Marrow; then bake it, then put in ſome juice of Oranges, and Sugar, and ſerve it hot.

93. *To make a Paſte for all manner of Tarts.*

Take very ſweet butter, and put into fair water, and make it boyl on the Fire; then take the fineſt Flower you can get, and mix them well together, till it come

to a paſte and ſo raiſe it; but if you doubt that it will not be ſtiff enough, then you may mix ſome yolks of Eggs with it, as you temper all your ſtuff together.

94. To *make a Baked Pudding.*

Grate a penny-loaf, and put thereto more Suet then bread minc'd ſmall, with ſome Nutmeg and Sugar, and two yolks of Eggs, tempering it only with Roſe-water: Then butter a little pewter Diſh in the bottom, and put your ſtuff after it is well tempered thereinto, then bake it, when 'tis baked, ſtir it up from the bottom of the Diſh, and ſo turn the underſide uppermoſt, then ſtrew ſome Sugar upon it, and upon the brims of the Diſh, and ſerve it firſt to the Table.

95. To *boyl Sparrows, Larks, or other ſmall Birds.*

Take a Ladle ful of ſtrong Mutton-broath, a little whole Mace, and a hand-ful of parſley; put in a little Winter-ſavoury, ſeaſon it with Verjuice, Sugar, and a little pepper, thicken it with a ſpoonful of Cream, and the yolk of an Egg.

96. *To boyl a Capon with Aſparagus.*

Boyl your Capon or Chicken in fair water, and ſome ſalt, then put in their bellies a little Mace, chopped parſley, and ſweet butter; being boyled, ſerve them on ſippets, and put a little of the broath on them: Then have a bundle or two of Aſparagus boyled, put in beaten butter, and ſerve it on your Capon, or Chicken.

97. *To boyl a Chicken or Capon in white broath.*

Firſt boyl the Capon in water and ſalt, then three pints of ſtrong broath, and a quart of White-wine, and ſtew it in a pipkin with a quarter of a pound of Dates, half a pound of fine ſugar, four or five blades of large Mace, the Marrow of three Marrow-bones, a handful of white Endive, ſtew theſe in a pipkin very leiſurely, that it may but only ſimper, then being finely ſtewed, and the broath well taſted, ſtrain the yolks of ten Eggs with ſome of the broath, before you diſh up the Capons or Chickens, put the Eggs into the broath, and keep it ſtirring, that it may not curdle, give it a walm, and ſet it

from the Fire; the Fowls being Diſh'd up, put on the broath, and Garniſh the Meat with Dates, Marrow, large Mace, Endive, preſerved Barberries, Oranges, boyled Skirrets, Pomgranats, and Kernels. Make a Lear of Almond-paſte, and Grape-Verjuice.

98. *To boyl a Capon with Sage and Parſley.*

Firſt boyl it in water and ſalt, then boyl ſome Parſly, Sage, two or three Eggs hard and chop them; then have a few thin ſlices of fine Manchet, and ſtew all together, but break not the ſlices of bread; ſtew them with ſome of the broath wherein the Capon boyls, ſome large Mace, Butter, a little White-wine, or Vinegar, with a few Barberries or Grapes; diſh up the Chickens on the Sauce, and run them over with ſweet butter, and Lemon cut like Dice, the peel being cut like ſmall Lard, and boyl a little peel with the Chickens.

99. *To Fry Rabbets with ſweet Sauce.*

Cut your Rabbet in pieces, waſh it and dry it well in a Cloath, take ſome freſh butter, and fry the Rabbet in it, when your

your Rabbet is little more then half fryed, take ſome ſlices ſhred very ſmall, a quarter of a pint of Cream, the Yolks of a couple of Eggs, ſome grated Nutmeg and Salt, when the Rabbet is enough, put them into the Pan and ſtir them altogether; take a little Vinegar, freſh butter and ſugar, melt it together, and ſo ſerve it with Sippets, the Diſh garniſhed with Flowers, *&c.*

100. *To make a* French *Pottage called Skink.*

Take a leg of Beef, and chop it into three pieces, then boyl it in a pot with three pottles of Spring-water, a few Cloves, Mace, and whole pepper; after the pot is ſcumm'd put in a bundle of ſweet Marjoram, Roſemary, Thyme, Winter-ſavoury, Sage, and Parſley, bound up hard, ſome Salt, and two or three great Onions whole, then about an hour before dinner put in three Marrow-bones, and thicken it with ſome ſtrained Oatmeal, or Manchet ſliced and ſteeped with ſome Gravy, ſtrong broath, or ſome of the pottage; then a little before you diſh up the Skink, put into it a little fine powder of Saffron, and give it a walm or two;

Diſh

diſh it on large ſlices of *French* bread, and diſh the Marrow-bones on them in a fine clean large diſh, then have two or three Manchets cut into Toaſts, and being finely Toaſted, lay on the Knuckle of Beef in the middle of the diſh, the Marrow-bones round about it, and the Toaſts round about the diſh brim: ſerve it hot.

101. *To make Gooſeberry-Cream.*

Firſt boyl, or you may preſerve your Gooſeberries; then having a clear cream boyled up, and ſeaſoned with Old Cinamon, Nutmeg, Mace, Sugar, Roſe-water and Eggs, diſh it up, and when it is cold, take up the Gooſeberries with a pin, and ſtick them on in rounds as thick as they can lye upon the ſaid Cream, Garniſhing your diſh with them, and ſtrew them over with the fineſt Sugar, and ſerve them up.

102. *To make a Quaking-Pudding.*

Take a Quart of ſweet cream, and near half a pound of Almonds blanched, and finely beaten, then ſtrain them, and boyl it with large Mace, and ſeaſon it with Roſe-water and Sugar; then take ten Eggs, and five of their whites well beaten with ſmall

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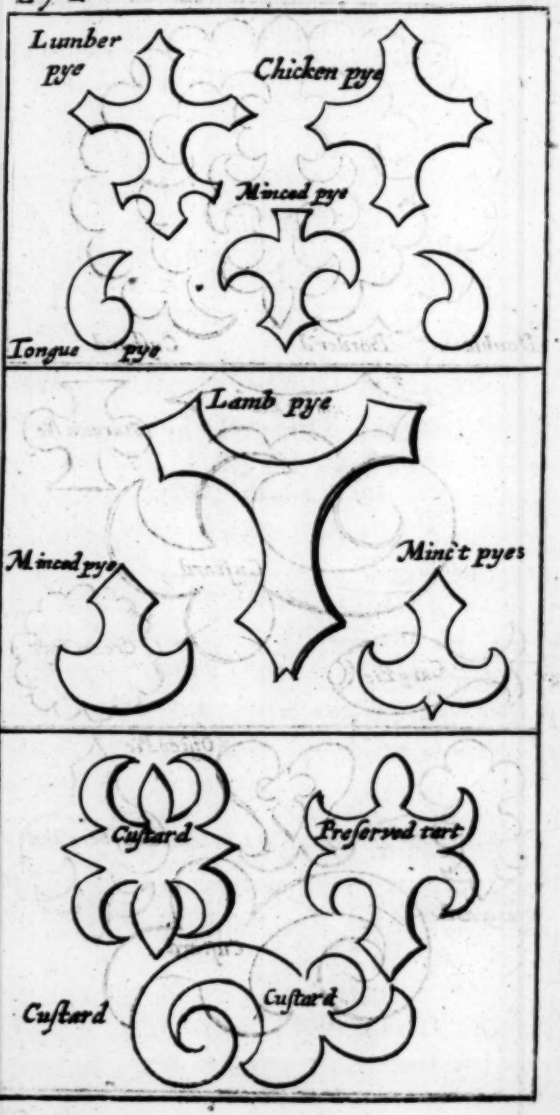
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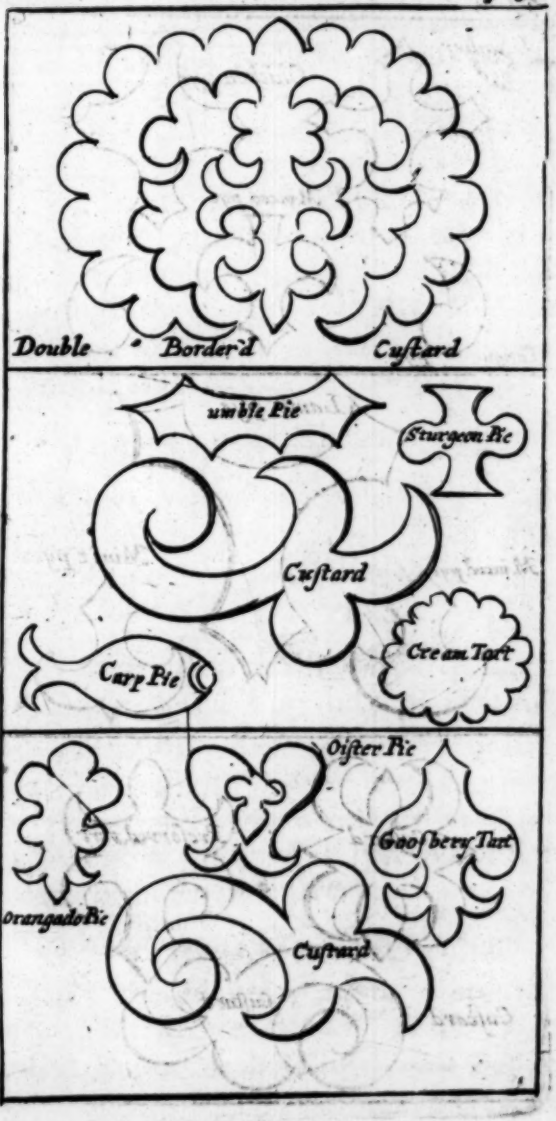
Double Border'd Custard
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ſmall Cinamon, and two or three ſpoonfuls of Flower, mix all well together, and make it of the thickneſs of Batter, then wet a cloath, and rub it with Flower, tying your Pudding round therein, and boyl it in Beef-broath two hours; take it up, and put a little White-wine, Sugar, and ſliced Nutmeg into a Pewter diſh, and put your Pudding into it; then ſcrape ſome Sugar on the brims and ſerve it.

103. *To make Clouted Cream.*

Take New Milk and ſet it on the fire from Morning till Evening, but let it not boyl: And this is called my Lady *Youngs* Clouted Cream.

104. *To Souce a young Pig.*

Scald a young Pig, boyl it in fair water, and White-wine, put thereto ſome Bay-leaves, whole Ginger, and Nutmegs quartered, and a few whole Cloves, boyl it throughly, and let it lye in the ſame Broath in an Earthen pot.

105. *To make* Polonian *Sauſages.*

Take the Fillets of a Hog, chop them very ſmall with a handful of Red Sage, ſeaſon it hot with Ginger and Pepper; then

then put it into a great Sheeps-gut, let it lye three Nights in Brine, then boyl it, and hang it up in a Chimney where Fire is usually kept: These Sausages will keep a whole Year, and are good for Sallets, or to garnish boyled Meats, or to relish a Glass of Wine.

106. *To keep Salmon fresh a whole Moneth.*

First boyl your Salmon as usually, then put it into an Earthen Pot, and cover it in good white Vinegar, putting thereto a branch of Rosemary, and keep it very close covered, and so you may keep it, that it will retain its perfect taste and delicacy for a Moneth or more.

107. *To make tender and delicate Brawn.*

Put a Collar of Brawn in a Kettle of water, and set it into an Oven, as for Houshold-bread, cover it close, and let it stand as long as you would do bread, and it will be very excellent Brawn.

108. *To keep Powdered Beef after it is boyled, Sweet five or six Weeks.*

When your Beef hath been powdered about a fortnight, then boyl it well, and dry

dry it with a Cloath, and wrap it in dry Cloaths, and put it into ſome Pot or Veſſel, and keep it cloſe from the Air, and it will keep ſound two or three Moneths.

109. *To Dreſs Neats-Tongues and Udders.*

When they are boyled enough in beef-broath, and ſcumm'd, you muſt have your Turneps ready boyled, cut in pieces, and ſoak'd in butter, or elſe Colliflowers and Carrots, or all of them; then put the Turneps all over the bottom of a large Diſh, then ſlice out the Tongues, and lay the ſides one againſt another, ſlice the Udders, and lay them between, oppoſite to one another; Garniſh the Colliflowers all over them, and the Carrots up and down between the Colliflowers, with barberries and Parſly on the brim of the Diſh.

110. *To make Pannado.*

Take a quatt of Running-water, and put it on the Fire in a Skillet, then cut a light Roul of bread in ſlices, about the bigneſs of a groat, and as thin as Wafers, lay it on a Diſh on a few Coals, then put it into the Water, with two handfuls of Currans pick'd and waſh'd, a little large Mace,

Mace, when it is enough ſeaſon it with Sugar and Roſe-water.

111. *To make Liver Puddings.*

Take the Guts of a young Hog, waſh them very clean, and lay them two or three days in water, take the Liver of the ſame Hog and boyl it till it will grate, then grate it very ſmall and fine, take to the weight of the Liver almoſt the weight of beef-ſuet, ſeaſon it with ſalt, cloves Mace, and Nutmeg finely beaten, a penny-loaf grated, a pound of the beſt white ſugar, two pound of good currans, a pint of good cream, a quarter of a pint of Roſe-water, three Eggs, mix all together to ſuch a thickneſs, that you may fill the Guts, then prick them, and put them into boyling water, and keep an even Fire for half a quarter of an hour; then take them up, and lay them upon ſtraw, you muſt have a care not to tye them too hard, nor too ſlack, leſt they break in boyling.

112. *To make a rare Citron Pudding.*

Take a penny-loaf and grate it, a pint and half of cream, half a dozen of Eggs, one Nutmeg ſliced, a little ſalt, an Ounce

of

of Candyed Citron ſliced ſmall, a little Candyed Orange-peel ſliced, three Ounces of Sugar; put theſe into a wooden diſh well Flowred, and covered with a cloath, and when the water boyleth put it in, boyl it well, and ſerve it up with Roſe-water and Sugar, and ſtick it with Wafers or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Water it freſh enough, and ſeeth it as tender as you may to handle it, then pull off the skin and ſtuff it with Parſley, Penny-royal, Thyme, Marjoram, Marigolds, Camomile and Sage, chop them ſmall, and ſeaſon them with Salt and Pepper, Cloves, ſmall Raiſins, yolks of Eggs hard Roaſted; then ſtuff your Bacon, and cut off the Lean of the Bacon, and mince it ſmall, and take a handful of your ſtuffing, and mingle it with three or four yolks of raw Eggs, and then put it upon the Gammon, then cloſe on the skin again, and cloſe it in paſte.

114. *To boyl Woodcocks or Snites.*

Boyl them either in ſtrong broath, or in water and ſalt, and being boyled, take out the Guts, and chop them ſmall with the

the Liver, put to it ſome Crumbs of grated White-bread, a little Cock-broath, and ſome large Mace; ſtew them together with ſome Gravy, then diſſolve the Yolks of two Eggs in ſome Wine-Vinegar, and a little grated Nutmeg, and when you are ready to Diſh it, put in the Eggs, and ſtir it among the Sauce with a little butter; Diſh them on Sippets, and run the Sauce over them with ſome beaten butter and capers, a Lemon minced ſmall, Barberries, or whole pickled Grapes.

115. *To make a made Diſh of Apples.*

Put on your Skil'et of Water with ſome Currans a boyling, then pare about a dozen of *Pippins*, and cut them from the core into the ſaid water; when they are boyled tender pour them into a Cullender, when the water is drained from them, put them into a Diſh, and ſeaſon them, (but ſtay till they are cold, leaſt it melt your Sugar) with Sugar, Roſewater, Cinamon, and Carraway-ſeeds, then roul out two ſheets of paſte, put one into the diſh bottom, and all over the brims, then lay the Apples in the bottom round and high, wet it round, and cover it with the other ſheet, cloſe it, and carve it about the brims of the

the Diſh as you pleaſe, prick it, and bake it, ſcrape Sugar upon it, and ſerve it up.

116. *To make a Fool.*

Set two quarts of Cream over the Fire let it boyl, then take the Yolks of twelve Eggs, and beat them very well, with three or four ſpoonfuls of cold cream, and then ſtrain the Eggs in the Skillet of hot cream, ſtirring it all the time to keep it from burning, then ſet it on the Fire, and let it boyl a little while, but keep it ſtill ſtiring for fear of burning, then take it off, and let it ſtand and cool, then take two or three ſpoonfuls of Sack, and put it in the Diſh with four or five Sippets, ſet the Diſh and Sippets a drying, and when they be dry that they hang to the Diſh, ſweeten the cream, and pour it into the Diſh ſoftly, becauſe the Sippets ſhall not riſe up; this will make three Diſhes: When it is cold it is fit to be eaten.

117. *To Boyl Flounders or Jacks the beſt way.*

Take a pint of White-wine, the Tops of young Thyme and Roſemary, a little whole Mace, a little whole pepper, ſeaſoned with Verjuice, Salt, and a piece of

of ſweet butter, and ſo ſerve it; you may do Fiſh in the ſame Liquor three or four times.

118. *To boyl a Haunch of Veniſon.*

Firſt ſtuff your Veniſon with a handful of ſweet Herbs, and parſley minced, with a little Beef-ſuet, and yolks of Eggs boyled hard; ſeaſon your ſtuffing with pepper, nutmeg, ginger, and ſalt; put your Haunch of Veniſon a boyling, being powdered before; then boyl up three or four Colliflowers in ſtrong broath, and a little Milk: when they are boyled, put them forth into a pipkin, add to them drawn butter, and keep them warm by the Fire; then boyl up two or three handfuls of Spinage in the ſame Liquor, when it is boyl'd up, pour out part of the broath and put in a little Vinegar, and a Ladleful of ſweet butter, and a grated Nutmeg; your diſh being ready with Sippets in the bottom, put on the Spinage round toward your Diſh ſide; then take up the Veniſon, being boyled, and put it into the middle of your diſh, and put in your Colliflowers all over it, pour on your ſweet butter over your Colliflowers, and garniſh it with Barberries, and the brims of the Diſh

with

with green Parſley minced, Cabbage is as good, done in the ſame manner as Colliflower.

119. *To make an Eel-Pye.*

Waſh, flea, and cut your Eels in pieces, put to them a handful of ſweet Herbs, parſley minced with an onion, ſeaſon them with Pepper, Salt, Cloves, Mace, and Nutmeg, and having your Coffin made of good Paſte put them in, and ſtrew over them two handfuls of Currans, and a Lemon cut in ſlices, then put on butter and cloſe the Pye; when it is baked, put in at the Funnel a little ſweet butter, White-wine, and Vinegar, beaten up with a couple of Yolks of Eggs.

120. *To bake Steakes the* French *way.*

Seaſon the Steaks with Pepper, Nutmeg and Salt lightly, and ſet them by; then take a piece of the leaneſt of the Leg of Mutton, and mince it ſmall with ſome Beef-Suet, and a few ſweet Herbs, as Tops of Thyme, and Penny-royal, grated bread, yolks of Eggs, ſweet Cream, Raiſins of the Sun, *&c.* Work all theſe together, and work it into little balls, or puddings, put them into a deep round Pye on the ſteaks;

ſteaks, then put to them ſome butter, and ſprinkle it with Verjuice, cloſe it up, and bake it, when it is enough cut it up, and liquor it with a juice of two or three Oranges or Lemons.

121. *To make a Warden or Pear-Pye.*

Bake your Wardens, or Pears in an Oven with a little water, and good quantity of Sugar, let your pot be covered with a piece of dough; let them not be fully baked by a quarter of an hour; when they are cold, make a high Coffin, and put them in whole, adding to them ſome Cloves, whole Cinamon, Sugar, with ſome of the Liquor in the Pot, ſo bake it.

122. *To Stew a Trout.*

Take a large Trout fair Trim'd, and waſh it, put it into a deep Pewter Diſh; then take half a pint of ſweet Wine, with a lump of butter, and a little whole Mace, Parſley, Savoury, and Thyme; mince them all ſmall, and put them into the belly of the Trout, and ſo let it ſtew a quarter of an hour, then mince the Yolk of an hard Egg, and ſtew it on the Trout, lay the Herbs about it, ſcrape on Sugar, and ſerve it up,

123. *To*

123. *To make Sauce for Pigeons.*

Melt ſome Vinegar and Butter together, and Roaſt ſome Parſley in the belly of the Fowl; or elſe Vine-leaves, and mix it well together, and pour it on.

124. *A General Sauce for Wild-Fowl.*

The moſt General ſauce for Wild-Fowl Roaſted; as Ducks, Mallard, Widgeon, Teal, Snipe, Shel-drake, Plovers, Puets, and the like, is only Muſtard and Vinegar, or Muſtard and Verjuice mixed together; or elſe an Onion, Water, and Pepper.

125. *To Roaſt a Cows Udder.*

Boyl your Udder very well, then ſtick it thick all over with Cloves, and when it is cold ſpit it, and lay it to the Fire, and baſte it very well with ſweet butter, and when it is ſufficiently Roaſted and brown, draw it from the Fire, and put ſome Vinegar and butter on a Chafingdiſh of coals, and crumb in ſome white-bread, and boyl it till it be thick, then put to it good ſtore of Sugar and Cinamon, and putting it into a clean Diſh, lay the Cows Udder therein, and trim the ſides of the Diſh with ſugar and ſo ſerve it.

126. *To make a Spinage-Tart.*

Take of good Spinage, and boyl it in White-wine till it be very ſoft as Pap; then take it and ſtrain it all into a Pewter diſh, not leaving any unſtrained: Put to it Roſe-water, good ſtore of Sugar, Cinamon and Roſe-water, and boyl it till it be as thick as Marmalade, then let it cool, and afterward fill your Coffin and adorn it, and ſerve it; it will be of a green Colour.

127. *To make a Tart of Rice.*

Pick your Rice very clean, and boyl it in ſweet Cream till it be very ſoft, then let it ſtand and cool; put to it good ſtore of Cinamon and Sugar, and the yolks of a couple of Eggs, and ſome Currans; ſtir and beat all well together: Then having made a coffin as for other Tarts, put your Rice therein, and ſpread it all over the coffin, and break many ſmall bits of ſweet butter upon it all over, and ſcrape ſome Sugar over it, then cover the Tart and bake it, and ſerve it as other Tarts.

128. *To make a Codling-Tart.*

Take green Apples from the Tree, and coddle them in ſcalding water without breaking, then peel the thin skin from them, and ſo divide them into halves, and cut out the cores, and ſo lay them into the coffin, and do as in a Pippin-Tart, and before you cover it when the Sugar is caſt in ſprinkle good ſtore of Roſe-water on it, then cloſe it and do as in the Pippin-Tart.

129. *To make a Pippin-Tart.*

Take of the faireſt Pippins, and pare them, and then divide them juſt in halves, and take out the cores clean; then rout the coffin flat, and raiſe of a ſmall verge of an Inch or more high; lay the Pippins with the hallow ſide downward, cloſe one to another, then put in a few Cloves, a ſtick of Cinamon broken, and a little piece of butter, cover all clean over with Suger, and ſo cover the coffin, and bake it as other Tarts; when it is baked, boyl ſome Butter and Roſe-water together, and annoint the Lid all over with it, then ſcrape, or ſtrew on it good ſtore of Sugar, and ſo ſet it in the Oven again, and then ſerve it up.

130. *To make a Cherry-Tart.*

Take the faireſt Cherries you can get, and pick them clean from Leaves and ſtalks, then ſpread out your coffin as for your Pippin-tart, and cover the bottom with Sugar, then cover the Sugar all over with Cherries, then cover theſe Cherries with Sugar, ſome ſticks of Cinamon, and a few Cloves; then lay in more Cherries, Sugar, Cinamon and Cloves, till the coffin be filled up, then cover it, and bake it in all points as the Codling, and Pippin Tarts, and ſo ſerve it. In the ſame manner you may make Tarts of Gooſeberries, Strawberries, Rasberries, Bilberries, or any other Berry whatſoever.

131. *To make a Minc'd-Pye.*

Take a Leg of Mutton, or a Neats-Tongue, and parboyl it well, the Mutton being cut from the Bone, then put to it three pound of the beſt Mutton-Suet ſhred very ſmall; then ſpread it abroad, and ſeaſon it with Salt, Cloves, and Mace; then put in good ſtore of Currans, great Raiſins, and Pruans clean waſhed and picked, a few Dates ſliced, and ſome Orange-peels ſliced; then being all well mixt

mixt together, put it into a coffin, or many coffins, and ſo bake them, and when they are ſerved up open the Lids, and ſtrew ſtore of Sugar on the Top of the Meat, and upon the Lid.

132. *To make a Calves-Foot-Pye.*

Boyl your Calves-Feet very well, and then pick all the Meat from the bones, when it is cold ſhred it as ſmall as you can, and ſeaſon it with cloves and mace, and put in good ſtore of Currans, Raiſins, and Pruans, then put it into the coffin with good ſtore of ſweet butter, then break in whole ſticks of Cinamon, and a Nutmeg ſliced, and ſeaſon it with Salt, then cloſe up the coffin, and only leave a vent-hole, put in ſome Liquor made of Verjuice, Sugar, Cinamon, and butter boyled together, and ſo ſerve it.

133. *To make a Tanſey.*

Take a certain number of Eggs, according to the bigneſs of your Frying-pan, and break them into a Diſh, taking away the white of every third Egg, then with a ſpoon take away the little white Chicken-knots that ſtick upon the Yolks, then with a little cream beat them very

well together, then take of green Wheat-blades, Violet-leaves, Strawberry-leaves, Spinage, and Succory, of each a like quantity, and a few Walnut-Tree-Buds; chop and beat all these very well, and then strain out the juice; mix it then with a little more cream, put to it the Eggs, and stir all well together; then put in a few crumbs of fine grated bread, Cinamon, Nutmeg, and Salt, then put some sweet butter into a Frying-pan, and as soon as it is melted put in the Tansey, and fry it brown without burning, and with a Dish turn it in the Pan as occasion shall serve, strew good store of Sugar on it, and serve it up.

134. *To stew a Pike.*

After your Pike is Dresst and opened in the back, and laid flat, as if it were to Fry, then lay it in a large Dish, put to it White-wine to cover it, set it on the coals, and let it boyl gently, if scum arise, take it off, then put to it Currans, Sugar Cinamon, Barberries, as many Pruans as will Garnish the Dish, then cover it close with another Dish, and let it stew till the Fruit be soft, and the Pike enough, then put to it a good piece of sweet butter; with your Scummer take up the Fish, and lay it in

in a Diſh with Sippets, then take a couple of Yolks of Eggs only, and beat them together well with a ſpoonful of cream, and as ſoon as the Pike is taken out, put it into the broath, and ſtir it exceedingly to keep it from curdling, then pour the broath upon the Pike, and trim the ſides of the Diſh with ſugar, pruans, and barberries, with ſlices of Oranges and Lemons, and ſo ſerve it up.

135. *To Roaſt Veniſon.*

If you will Roaſt any Veniſon, after you have waſhed it, and cleanſed all the blood from it, you muſt ſtick it with Cloves all over on the out-ſide, and if it be lean, lard it either with Mutton, or Pork-lard, but Mutton is beſt, then Spit it, and Roaſt it by a Soaking Fire, then take Vinegar, Crums of Bread, and ſome of the Gravy that comes from the Veniſon, and boyl them well in a Diſh, then ſeaſon it with Sugar, Cinamon, Ginger, and Salt, and ſerve the Veniſon upon the Sauce when it is Roaſted enough.

136. *To Roaſt a piece of Freſh Sturgion.*

Stop your Sturgion with Cloves, then Spit it, and let it Roaſt very leaſurely, ba-

ſting it continually, which will take away the hardneſs; when it is enough, ſerve it upon Veniſon Sauce, with Salt only thrown upon it.

137. *To Boyl a Gurnet, or Roach.*

Firſt draw your Fiſh, and then either ſplit it, or Joynt it open in the back, and Truſs it round; then waſh it clean, and boyl it in Water and Salt, with a bunch of ſweet Herbs; then take it up into a large Diſh, and pour into it Verjuice, Nutmeg, Butter, and Pepper, after it hath ſtewed a little, thicken it with the Yolks of Eggs, then remove it hot into another Diſh, and Garniſh it with ſlices of Oranges and Lemons, Barberries, Pruans, and Sugar, and ſo ſerve it up.

138. *To make a Carp-Pye.*

After you have drawn, waſh'd, and ſcalded a fair large Carp, ſeaſon it with Pepper, Salt and Nutmeg, and then put it into a coffin, with good ſtore of ſweet butter, and then caſt on Raiſins of the Sun, the juice of Lemons, and ſome ſlices of Orange-peels, and then ſprinkling on a little Vinegar, cloſe it up, and bake it.

139. *To make a Chicken-Pye.*

After you have Truſt your Chickens, then break their Legs and Breaſt-bones, and raiſe your cruſt of the beſt Paſte, lay them in a coffin cloſe together, with their bodies full of butter, then lay upon them, and underneath them, Currans, great Raſions, Pruans, Cinamon, Sugar, whole Mace and Sugar, whole Mace and Salt; then cover all with good ſtore of butter, and ſo bake it; then pour into it White-wine, Roſe-water, Sugar, Cinamon, and Vinegar mixt together, with the Yolks of two or three Eggs beaten amongſt it, and ſo ſerve it.

140. *To make Almond-Cream.*

Take blanched Almonds beaten in a Mortar very ſmall, putting in now and then one ſpoonful of cream to keep them from Oyling; then boyl as much cream as you pleaſe with your beaten Almonds, together with a blade of Mace, and ſeaſon it with Sugar, then ſtrain it, and ſtir it till it be almoſt cold, and then let it ſtand till you ſerve it, and then Garniſh your diſh with fine Sugar ſcraped thereon.

141. *To make an Almond-Pudding.*

Take two pound of blanched Almonds, and beat them ſmall, put thereto ſome Roſe-water and Amber-greece often thereinto as you beat them, then ſeaſon them, with Nutmeg and Sugar, and mix them with grated bread, Beef-ſuet, and two Eggs, and ſo put it into a Diſh, tying a cloath round about, and ſo boyl it.

142. *To make Water-gruel.*

Take a pottle of Water, a handful of great Oatmeal pickt and beat in a Mortar, put it in boyling; when it is half enough, put to it two handfuls of Currans waſhed, a Faggot or two of ſweet Herbs, four or five blades of large Mace, and a little ſliced Nutmeg, let a Grain of Muſk be infuſed a while in it, when it is enough, ſeaſon it with Sugar and Roſe-water, and put to it a little drawn butter.

143. *To Stew Sauſages.*

Boyl them a little in fair water and Salt, and for Sauce, boyl ſome Currans alone; when they be almoſt tender, pour out the water from them, and put to them a little White-wine, Butter, and Sugar, and ſo ſerve it.

144. *To*

144. *To make a Rare Fricacie.*

Take young Rabbits, young Chickens, or a Rack of Lamb, being cut one Rib from another, and par-boyl either of theſe well in a Frying-pan with a little water and ſalt, then pour the water and ſalt from it, and fry it with ſweet butter, and make ſauce with three yolks of Eggs beaten well, with ſix ſpoonfuls of Verjuice, and a little ſhred Parſley, with ſome ſliced Nutmeg, and ſcalded Gooſeberries, when it is fryed, pour in the ſauce all over the Meat, and ſo let it thicken a little in the pan; then lay it in a Diſh with the ſauce, and ſerve it.

145. *To make an Oatmeal-Pudding.*

Take a pint of Milk, and put to it a pint of large, or midling Oatmeal, let it ſtand on the Fire till it be ſcalding hot, then let it ſtand by and ſoak about half an hour, then pick a few ſweet Herbs, and ſhred them, and put in half a pound of Currans, and half a pound of Suet, and about two ſpoonfuls of Sugar, and three or four Eggs; theſe put into a bag, and boyled, do make a very good Pudding.

146. *To make an Almond-Tart.*

Raiſe an Excellent good Paſte with ſix corners an Inch deep, then take ſome blanched Almonds very finely beaten with Roſe-water, take a pound of Sugar to a pound of Almonds, ſome grated Nutmeg, a little Cream, with ſtrain'd Spinage, as much as will colour the Almonds green, ſo bake it with a gentle heat in an Oven not ſhutting the Door, draw it, and ſtick it with Candyed Orange, Citron, and put in red and white Muſcadine.

147. *To boyl Pigeons with Rice.*

Boyl your Pigeons in Mutton-broath, putting ſweet Herbs in their bellies, then take a little Rice, and boyl it in cream with a little whole Mace, ſeaſon it with Sugar, lay it thick on their breaſts, wringing alſo the juice of a Lemon upon them, and ſo ſerve them.

148. *To Barrel up Oyſters.*

Open your Oyſters, take the Liquor from them, and mix it with a reaſonable quantity of the beſt White-Wine-Vinegar, with a little Salt and Pepper; then put the Oyſters into a ſmall Barrel, and fill them

them up with this Pickle, and this will keep them ſix Moneths ſweet and good, and with their Natural taſte.

149. *To make a Cowſlip-Tart.*

Take the bloſſoms of a Gallon of Cowſlips, mince them exceeding ſmall, and beat them in a Mortar, put to them a handful or two of grated Naple-Biſket, and about a pint and a half of cream, boyl them a little on the Fire, then take them off, and beat in eight Eggs with a little cream, if it do not thicken, put it on the Fire till it doth, gently, but take heed it curdles not, ſeaſon it with Sugar, Roſe-water, and a little Salt: Bake it in a Diſh, or little open Tarts; it is beſt to let your cream be cold before you ſtir in the Eggs.

150. *To bake a Calves-Head to be Eaten cold.*

You muſt half boyl a fair Calves-head, then take out all the bones on both ſides, and ſeaſon it with the aforeſaid ſeaſoning, and Lard it with Bacon, & a little Lemon-peel; then having a coffin large enough, not very high, nor very thick, but make it four-ſquare, lay on ſome ſheets of Lard:

on the top, and butter, when it is bak'd and cold, fill it with clarified butter.

151. *To make Pear-Puddings.*

Take a cold Capon, or half Roasted, which is much better, then take suet shred very small, the Meat and Suet together, with half as much grated bread, two spoonfuls of Flower, Nutmegs, Cloves and Mace, Sugar as much as you please, half a pound of Currans, the Yolks of two Eggs, and the white of one, and as much cream as will make it up into a stiff Paste: Then make it up in Fashion of a Pear, a stick of Cinamon for the stalk, and the Head of a Clove.

152. *To make a Hotch-pot.*

Take a piece of Brisket Beef, a piece of Mutton, a Knuckle of Veal, a good cullender of Pot-herbs, half minced carrots, Onions, and Cabbage a little broken, boyl all these together until they be very thick.

153. *To make a Tart of Medlars.*

Take Medlers that are rotten, then scrape them, and set them upon a Chafing-dish of coals, season them with the yolks

yolks of Eggs, Sugar, Cinamon, and Ginger; let it boyl well, and lay it on Paſte, ſcrape on Sugar and ſerve it.

154. *To make a Lemon-Candle.*

Take a pint of White-wine, and a pint of Water, and let it boyl, put to it half a Manchet cut as thin and ſmall as you can put it in with ſome large Mace, then beat the yolks of two Eggs to thicken it, then ſqueeze in the juice of half a dozen Lemons, and ſeaſon it with Sugar and Roſe-water.

155. *To make an* Italian *Pudding.*

Take fine Manchet and cut it in ſmall pieces like Dice, then put to it half a pound of Beef-ſuet minced ſmall, Raiſins of the Sun, Cloves, Mace, Dates minced, Sugar, Marrow, Roſe-water, Eggs, and Cream, mingle all theſe together, put them in a butter'd Diſh, in leſs then an hour it will be well baked, when its enough, ſcrape on Sugar and ſerve it up.

156. *To make a Rare Pudding to be Baked or Boyled.*

Beat a pound of Almonds as ſmall as poſſibly, put to them ſome Roſe-water and

and Cream as oft as you beat them; then take one pound of Beef-Suet finely minced with five yolks of Eggs, and put two or three whites, make it as thin as Batter for Fritters, mixing it with ſweet thick Cream, ſeaſoning it with beaten Mace, Sugar and Salt, then ſet it into the Oven in a Pewter Diſh, and when you draw it forth, ſtrew ſome Sugar on the top of your Pudding, and Garniſh your Diſh with Sugar, and ſerve it always firſt to the Table.

157. *To make a Gooſeberry-Cuſtard.*

When you have cut off the ſticks and Eyes of your Gooſeberries, and waſh'd them, then boyl them in water till they will break in a ſpoon, then ſtrain them, and beat half a dozen Eggs, and ſtir them together upon a Chafing-diſh of coals with ſome Roſe-water, then ſweeten it very well with Sugar, and always ſerve it cold.

158. *To make a Fricacie of Rabbits.*

Cut your Rabbits in ſmall pieces, and mince a handful of Thyme and Parſley together, and ſeaſon your Rabbits with a Nutmeg, Pepper, and Salt; then take two Eggs and Verjuice beaten together, then

then throw it in the pan, ſtick it, and diſh it up in Sippets.

159. *To make Cracknels.*

Take 5 or 6 pints of the fineſt wheat flower you can get, to which put in a ſpoonful, and not more of good Yeaſt; then mingle it well with Butter, Cream, and Roſe-water, and Sugar finely beaten, and working it well into Paſte, make it into what form you pleaſe and bake it.

160. *To make Pancakes.*

Put eight Eggs to two quarts of Flower caſting by four whites, ſeaſon it with Cinamon, Nutmeg, Ginger, Gloves, Mace, and Salt, then make it up into a ſtrong Batter with Milk, beat it well together, and put in half a pint of Sack, make it ſo thin that it may run in your pan how you pleaſe, put your pan on the Fire with a little butter, or ſuet, when it is very hot, take a cloath and wipe it out, ſo make your pan very clean, then put in your Batter, and run it very thin, ſupply it with little bits of Butter, and ſo toſs it often, and bake it criſp and brown.

161. *To make a Junket.*

Take Ewee, or Goats-Milk, or for want of theſe Cows-Milk, and put it over the Fire to warm, then put in a little Runnet, then pour it out into a Diſh, and let it cool, then ſtrew on ſome Cinamon and Sugar, and take ſome of your Cream and lay on it, ſcrape on ſugar and ſerve it.

162. *To make Excellent Marrow-Spinage-Paſties.*

Take Spinage and chop it a little, then boyl it till it be tender; then make the beſt Rich light cruſt you can, and roul it out, and put a little of your Spinage into it, and Currans, and Sugar, and ſtore of lumps of Marrow; clap the Paſte over this to make little Paſties deep within, and Fry them with Clarified butter.

163. *To make a Pine-Apple-Tart.*

Beat two handfuls of Pine-Apples with a prick'd Quince, and the pulp of two or three pippins, when they are well beaten, put to them half a pint of Cream, a little Roſe-water, the Yolks of ſix Eggs, with a handful of ſugar, if it be thick, add a little more Cream to it, ſo having your thin low

low coffins for it dryed, fill them up, and bake them; you may Garniſh them with Orangado, or Lozenges of Sugar plate, or what elſe you pleaſe.

164. *To dry Neats-Tongues.*

Take Bay-ſalt beaten very fine, and Salt-petre of each alike, and rub over your Tongues very well with that, and cover all over with it, and as it waſts put on more, and when they are very hard and ſtiff they are enough, then roul them in Bran, and dry them before a ſoft Fire, and before you boyl them, let them lye one Night in Pump-water, and boyl them in the ſame water.

165. *To ſtew Birds the Lady* Butlers *way.*

Take ſmall Birds, pick them, and cut off their Legs, Fry them in ſweet butter, lay them in a Cloath to dry up the butter, then take Oyſters and mince them, and put them in a Diſh, put to them White-wine and Cinamon, put in the Birds with Cloves, Mace, and Pepper; let all theſe ſtew together covered till they be enough, then put into it ſome ſugar, and ſome toaſted Manchet and put it in the Diſh, and ſo ſerve it up to the Table.

166. *To make a Sweet Pye with Lamb-ſtones, and Sweetbreads, and Sugar.*

Slit the Lamb-ſtones in the middle, and skin them, waſh the Sweetbreads, both of Veal and Lamb, and wipe them very dry; take the Lambs Liver, and ſhred it very ſmall, take the Udder of a Leg of Veal and ſlice it, ſeaſon all with a little Salt, Nutmeg, Mace, and Cloves beaten, and ſome whole Pepper; then ſhred two or three pippins and Candyed Lemon and Orange-peel, half a dozen Dates ſliced, with Currans, white Sugar, a few Carraway-ſeeds, a quarter of a pint of Verjuice, and as much Roſe-water, a couple of Eggs; roul up all theſe together in little puddings, or balls made green with the juice of Spinage, and lay a Pudding, then a Sweet-bread, then a Lamb-ſtone, till you have filled up the Pye, and cover them with Dates, and ſl ced Citron, and Lemon. When it is drawn, take two or three yolks of Eggs, beat them, and put to them a little freſh butter, White-wine and Sugar, and pour it into the Tunnel, ſcrape ſome Loaf-ſugar upon the Lid, and ſo ſerve it.

167. To *Roaſt Eels.*

When they are flea'd, cut them to pieces, about three or four Inches long, dry them and put them into a diſh, mince a little Thyme, two Onions, a piece of Lemon-peel, a little Pepper beaten ſmall, Nutmeg, Mace, and Salt, when it is cut exceeding ſmall, ſtrew it on the Eels, with the Yolks of two or three Eggs, then having a ſmall Spit (or elſe a couple of ſquare ſticks made for that purpoſe) ſpit through the Eels croſs-ways, and put a Bay-leaf between every piece of Eel, and tying the ſticks on a Spit let them Roaſt; you need not turn them conſtantly, but let them ſtand till they hiſs, or are brown, and ſo do them on the other ſide, and put the Diſh (in which the Eel was with the ſeaſoning) underneath to ſave the Gravy, baſte it over with ſweet butter. The Sauce muſt be a little Claret-wine, ſome minced Oyſters with their Liquor, a grated Nutmeg, and an Onion, with ſweet butter, and ſo ſerve it.

168. *To boyl Cocks or Larks.*

Boyl them with the Guts in them in ſtrong Broath, or fair water, and three or four

four whole Onions, large Mace, and Salt, the Cocks being boyled, make sauce with some thin slices of Manchet, or grated bread in another Pipkin, and some of the broath where the Fowl or the Cocks boyl, then put to it some butter, and the Guts and Liver minced, then take some yolks of Eggs dissolved with Vinegar, and some grated Nutmeg, put it to the other Ingredients, stir them together, and Dish the Fowl in fine Sippets, pour on the sauce with some sliced Lemon, Grapes, or Barberries, and run it over with beaten butter.

169. *To broyl Oysters.*

Take the biggest Oysters you can get, then take a little minced Thyme, grated Nutmeg, grated bread, and a little salt, put this to the Oysters, then get some of the largest bottom-shells, and place them on the Grid-Iron, and put two or three Oysters in each shell, then put some butter to them, and let them simper on the Fire till the Liquor bubbles low, supplying it still with butter, when they are crisp, feed them with White-wine and a little of their own Liquor, with a little grated Bread, Nutmeg, and minced Thyme, put

as

as much only as to reliſh it, ſo let it boyl up again, then add ſome drawn butter to thicken them, and Diſh them.

170. *To Pickle Oyſters.*

Take a quart of the largeſt great Oyſters with the Liquor, waſh them clean, and wipe them, add to them a pint of fair water, and half a pint of White-wine-Vinegar, half an Ounce of whole Pepper, an handful of Salt, a quarter of an Ounce of large Mace, with the Liquor of the Oyſters ſtrained; put all together in a Pipkin over a ſoft Fire, let them ſimper together a quarter of an hour; when the Oyſters are enough take them up, and put them into a little fair water and Vinegar till they be cold; let the Pickle boyl a quarter of an hour after the Oyſters are taken up; both being cold, put them up together: When you uſe them, Garniſh the Diſh with Barberries and Lemon, and a little of the Mace, and Pepper, and pour in ſome of the Pickle.

171. To *make* Engliſh *Pottage.*

Make it with Beef, Mutton, and Veal, putting in ſome Oatmeal, and good Pot-Herbs, as Parſley, Sorrel, Violet-leaves, and

and a very little Thyme, and ſweet Marjoram, ſcarce to be taſted, and ſome Marigold-Leaves at laſt; you may begin to boyl it over Night, and let it ſtand warm all night, and make an end of boyling it next morning; it is good to put into the Pot at firſt twenty or thirty Corns of whole Pepper.

172. *To ſtew Beef.*

Take very good Beef and ſlice it very thin beat it with the back of a knife, put to it the Gravy of ſome Meat, and ſome Wine, and ſtrong broath, ſweet Herbs a quantity; let it ſtew till it be very tender, ſeaſon it to your liking, and varniſh your Diſh with Marygold-flowers, or Barberrries.

173. *To make Excellent Minced-Pyes.*

Par-boyl Neats-Tongues, then peel and haſh them with as much as they weigh of Beef-ſuet and ſtoned Raiſins, and pickt Currans; chop all exceeding ſmall, that it be like Pap; employ therein at leaſt an hour more than Ordinarily is uſed, then mingle a very little Sugar with them, and a little Wine, and thruſt in up and down, ſome thin ſlices of green Candyed Citron-peel;

peel; and put this into coffins of fine, light, well reared Cruſt; half an hours baking will be enough: If you ſtrew a few Carraway Comfits on the top it will not be amiſs.

174. *To Pickle Roaſt-Beef, Chine, or Surloin.*

Stuff any of the aforeſaid Beef with Penny-royal, or other ſweet Herbs, or Parſley minced ſmall, and ſome Salt, prick in here and there a few whole Cloves, and Roaſt it; then take Claret-wine, wine-Vinegar, whole Pepper, Roſemary, Bays, and Thyme bound up cloſe in a bundle and boyled in ſome Claret-wine, and wine-Vinegar; make the pickle, and put ſome Salt to it, and pack it up in a barrel that will but juſt hold it, put the pickle to it, cloſe it on the Head, and keep it for your Uſe.

175. *To make a double Tart.*

Peel Codlings tenderly boyled, cut them in halves, and fill your Tart; put into it a quarter of a hundred of Colings, a pound and half of Sugar, a few Cloves, and a little Cinamon, cloſe up the coffin and bake it. When it comes out, cut off the

the lid, and having a Lid cut in flowers ready, lay it on and Garnish it with Preserves of Damsons, Rasberries, Apricots, and Cherries, and place a preserved Quince in the middle, and strew it with Sugar-biskets.

176. *To make a Warden or Pear-Pye.*

Bake your Wardens, or Pears in an Oven with a little water, and good quantity of Sugar, let your pot be covered with a piece of Dough, let them not be fully baked for a quarter of an hour, when they are cold make a high coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor they were baked in, so bake it.

177. *To Bake a Pig Court-Fashion.*

Flea a small young Pig, cut it in quarters, or in smaller pieces, season it with Pepper, Ginger, and Salt, lay it into a fit coffin, slip, and mince small a handful of Parsley, six sprigs of Winter-savoury, strew it on the Meat in the pye, and strew upon that the Yolks of three or four hard Eggs minced, and lay upon them five or six blades of Mace, a handful of

Cluster

Clusters of Barberries, a handful of Currans well washt and pickt, a little Sugar, half a pound of sweet butter, or more; close your Pye and set it in an Oven as hot as for Manchet, and in three hours it will be well baked, draw it forth, and put in half a pound of Sugar, being warmed upon the Fire, pour it all over the Meat, and put on the Pye-lid again, scrape on Sugar, and serve it hot to the Table.

178. *To make a Pudding of Hogs-Liver.*

Boyl your Liver and grate it, put to it more grated bread then Liver, with as much fine flower as of either, put twelve Eggs to the value of a Gallon of this mixture, with about two pound of Beef-Suet minced small, and a pound and half of Currans, half a quarter of a pint of Rose-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon, and Ginger, all minced very small, mix all these with sweet Milk and Cream, and let it be no thicker then Fritter-batter, to fill your Hogs-guts, you make it with the Maw, fit to be eaten hot at Table; in your knitting or tying the Guts, you must remember to give them three or four Inches

ſcope: In your putting them into boyling-water, you muſt handle them round to bring the meat equal to all parts of the Gut; they will ask about half an hours boyling, the boyling muſt be ſober, if the wind riſe in them, you muſt be ready to prick them or elſe they will flye, and burſt in pieces.

179. *Olives of Beef ſtewed and Roaſted.*

Take a Buttock of Beef, and cut ſome of it into thin ſlices as broad as your hand, then hack them with the back of a knife, Lard them with ſmall Lard, and ſeaſon them with Pepper, Salt, and Nutmeg; then make a farſing with ſome ſweet herbs, Thyme, Onions, the yolks of hard Eggs, Beef-Suet, or Lard, all minced, ſome Salt, Barberries, Grapes, or Gooſeberries; ſeaſon it with the former Spices lightly, and work it up together; then lay it on the ſlices, and roul them up round, with ſome Caul of Veal, Beef, or Mutton, bake them in a Diſh in the Oven, or Roaſt them; then put them in a Pipkin with ſome butter and Saffron, or none; blow off the Fat from the Gravy, and put it to them, with ſome Artichoaks, Potato, Skirrets blanched, being firſt boyled,

a little Claret-wine, and ſerve them on Sippets, with ſome ſliced Orange, Lemon, Barberries, Grapes, or Gooſe-berries.

180. *To make* French-*Barley-Poſſet.*

Put two quarts of Milk to half a pound of *French-Barley*, boyl it ſmall till it is enough; when the Milk is almoſt boyled away, put to it three pints of good cream, let it boyl together a quarter of an hour; then ſweeten it, and put in mace and cinamon in the begining when you firſt put in your cream, when you have done ſo, take White-wine a pint, or Sack and White-wine together of each half a pint, ſweeten it as you love it with Sugar, pour in all the cream, but leave your barley behind in the skillet, this will make an Excellent poſſet, nothing elſe but a tender curd to the bottom; let it ſtand on the coals half a quarter of an hour.

181. *To bake Chucks of Veal.*

Par-boyl two pound of the lean Fleſh of a Leg of Veal, mince it as ſmall as grated bread, with four pound of Beef-Suet; then ſeaſon it with biskay, dates, and carraways, and ſome roſe-water, ſugar, raiſins of the ſun, and currans,

Cloves, Mace, Nutmegs, and Cinamon, mingle them altogether, fill your Pyes, and bake them.

182. *How to ſtew a Mallard.*

Roaſt your Mallard half enough, then take it up and cut it in little pieces, then put it into a Diſh with the Gravy, and a piece of freſh butter, and a handful of Parſley chopt ſmall, with two or three Onions, and a Cabbage-Lettuce, let them ſtew one hour, then ſeaſon it with Pepper and Salt, and a little Verjuice, and ſo ſerve it.

183. *To ſtew a Rabbit.*

Half Roaſt it, then take it off the Spit, and cut it into little pieces, and put it into a Diſh with the Gravy, and as much Liquor as will cover it, then put in a piece of freſh butter, and ſome Powder and Ginger, Pepper and Salt, two or three Pippins minced ſmall, let theſe ſtew an hour, and Diſh them upon Sippets, and ſerve it.

184. *To make a Pigeon-Pye.*

Truſs your Pigeons to bake, and ſet them, and Lard the one half of them with Bacon,

Bacon mince a few ſweet Herbes and Parſley with a little Beef-ſuet, the Yolks of hard Eggs, and an Onion or two, ſeaſon it with Salt, beaten Pepper, Cloves, Mace, and Nutmeg, work it up with a piece of butter, and ſtuff the bellies of the Pigeons, ſeaſon them with Salt and Pepper as before: Take alſo as many Lamb-ſtones ſeaſoned as before, with ſix Collops of Bacon, the Salt drawn out, then make a round coffin and put in your Pigeons, and if you will, put in Lamb-ſtones and Sweetbreads, and ſome Artichoak-bottoms, or other dry Meat to ſoak up the Juice, becauſe the Pye will be very ſweet and full of it; then put a little White-wine beaten up with the Yolk of an Egg, when it comes out of the Oven, and ſo ſerve it.

185. *To ſtew a Fillet of Beef the* Italian *Faſhion.*

Take a Young tender Fillet of Beef, and take away all the skins and Sinews clean from it, put to it ſome good White-wine in a boul, waſh it, and cruſh it well in the Wine, then ſtrew upon it a little Pepper, and as much Salt as will ſeaſon it; mingle them very well, and put to it as

much Wine as will cover it, lay a Trencher upon it to keep it down in a close pan with a weight on it, and let it steep two Nights and a Day, then take it out, and put it into a pipkin with some good beef-broath, put none of the pickle to it, but only beef-broath, and that sweet, and not salt, cover it close and set it on the Embers, then put to it a few whole cloves and mace, and let it stew till it be enough, it will be very tender, and of an Excellent Taste: Serve it with the same broath as much as will cover it.

186. *To boyl a Capon or Chicken with several Compositions.*

You must take off the Skin whole, but leave on the Legs, Wings, and Head; mince the body with some beef-suet, or Lard, put to it some sweet herbs minced, and season it with cloves, mace, pepper, salt, two or three eggs, grapes, gooseberries, or barberries, bits of Potato or Mushromes; in the Winter, with sugar, currans, and pruans: Fill the skin, prick it up and strew it between two Dishes, with large Mace, and strong broath, pieces of Artichoaks, Cardones, or Asparagus and Marrow, being finely stewed,

ſtewed, ſerve it on carved Sippets, and run it over with beaten butter, Lemon ſliced, and ſcrape on Sugar.

187. *To broyl a Leg of Pork.*

Cut your pork into ſlices very thin, having firſt taken off the skinny part of the Fillet, then hack it with the back of your Knife, then mince ſome Thyme and Sage exceeding ſmall, and mingle it with pepper and ſalt, and therewith ſeaſon your Collops, and then lay them on the Grid-Iron; when they are enough, make ſauce for them with butter, Vinegar, Muſtard, and Sugar, and ſo ſerve them.

188. *To make a Fricacie of Patridges.*

After you have Truſſed your Patridges, Roaſt them till they are almoſt enough, and then cut them to pieces, then having chopped an Onion very ſmall, fry them therewith; then put to them half a pint of Gravy, two or three Anchovies, a little bread grated, ſome drawn butter, and the Yolks of two or three Eggs beaten up with a little White-wine, let them boyl till they come to be pretty thick, and ſo Diſh them up.

189. *To bake Calves-Feet.*

You muſt ſeaſon them with Pepper, Salt, and Currans, and then bake them in a Pye, when they are baked, take the Yolks of three or four Eggs, and beat them with Verjuice, or Vinegar, Sugar, and grated Nutmeg; put it into your Pye, then ſcrape on Sugar, and ſo ſerve it.

190. *To Fry Neats-Tongues.*

Firſt boyl them, and after blanch them, and then cut them into thin ſlices; ſeaſon them with Nutmeg, Sugar, Cinamon, put to them the Yolks of raw Eggs, and a Lemon cut into little ſquare pieces, then Fry them in ſpoonfuls with ſweet butter; make your ſauce with White-wine, Sugar, and butter, heat it hot, and pour it on your Tongues, ſcrape Sugar on it, and ſerve it.

191. *To Roaſt a Hare.*

When you Caſe your Hare, do not cut off his hinder Legs, or Ears, but hack one Leg through another, and ſo alſo cut a hole through one Ear, and put it through the other, and ſo Roaſt him; make your Sauce with the Liver of the Hare boyled,

and

and minced ſmall with a little Marjoram, Thyme, and Winter-ſavoury, and the yolks of three or four hard Eggs, with a little Bacon and Beef-ſuet, boyl this all up with Water and Vinegar, and then grate a little Nutmeg, and put to it ſome ſweet butter, and a little Sugar; Diſh your Hake, and ſerve it. This may alſo ſerve for Rabbits.

192. *To Roaſt a Shoulder of Mutton with Oyſters.*

Par-boyl your Oyſters, then mince Winter-ſavoury, Thyme, Parſley, and the yolks of five or ſix hard Eggs, hard boyled; add to theſe a half-penny loaf of grated bread, and three or four yolks of Eggs; mingle all theſe together with your Hands, when you have Spitted your Mutton, make holes in it as big as you think convenient; put in your Oyſters, with the other Ingredients, about twenty five, or thirty Oyſters will be enough, let it Roaſt indifferent long, then take the remainder of a quart of Oyſters, for you muſt have ſo many in all, and put them into a deep Diſh with Claret-wine, two or three Onions cut in halves, and two or three Anchovies; put all this in the Drip-

ping-pan under your Mutton, and ſave your Gravy, and when the Meat is enough, put your Sauce upon the coals, and put to it the yolk of an Egg beaten, grated nutmeg, and ſweet butter; Diſh your Mutton and pour in your Oyſters, Sauce and all upon it, Garniſh your Diſh with Lemons and Barberries.

193. *A Rare Broath.*

Take a Couple of Cocks, and cut off their Wings and Legs, and waſh them clean, and par-boyl them very well, till there riſe no ſcum, then waſh them again in fair water, then put them in a Pitcher with a pint of Rheniſh-wine, and ſome ſtrong broath, as much as will cover them, together with a little China-Root, an Ounce or two of Harts-horn, with a few Cloves, Nutmeg, large Mace, Ginger ſhred, and whole Pepper, and a little Salt; ſtop up your Pitcher cloſe, that no ſteam may come out; boyl the pitcher in a great pot of water about ſix hours, then pour out the broath, and ſtrain it into a Baſon, and ſqueeze into it the juice of two or three Lemons, and ſo eat it.

194. *To bake Sweetbreads.*

Boyl your Sweetbreads, and put to them the yolks of two Eggs new laid, grated bread, with ſome par-boyled Currans, and three or four Dates minced; and when you have ſeaſoned it lightly with Pepper, Sugar, Nutmeg, and Salt, put to it the juice of a Lemon; put up all theſe together into puff-paſte, and ſo bake it.

195. *To make Pottage of* French-*Barley.*

Pick your Barley very clean from dirt, and duſt, then boyl ſome Milk, and put it in while it boyls; when it is boyled, put in a little Salt, Sugar, large Mace, and a little Cream; and when you have boyl'd it pretty thick, Diſh it, and ſerve it up with Sugar ſcraped thereon.

196. *To boyl a Hanch of Veniſon.*

Firſt ſtuff your Veniſon with a handful of ſweet Herbs and parſley minced with a little Beef-Suet, and ſome yolks of Eggs boyled hard; ſeaſon your ſtuffing with Nutmeg, Salt, and Ginger, having powdered your Hanch, boyl it, afterwards boyl up two or three Colliflowers

ers in ſtrong broath, adding to it a little Milk; when they are boyled, put them into a Pipkin, and put to them drawn butter, keeping them warm; then boyl up two or three handfuls of Spinage in the ſame Liquor, when it is boyled up, pour out part of your broath, and put to it a little Vinegar, a Ladle-ful of ſweet butter, and a grated Nutmeg; your Diſh being ready with Sippets on the bottom, put the Spinage round the ſides of your Diſh, when the Veniſon is boyled take it up, and put it in the middle of the diſh, lay your Colliflowers over it, pour on ſweet butter over that, Garniſh it with Barberries, and ſome Parſley minced round the brims of the diſh.

197. *To make a Florentine of Sweet-breads, or Kidneys.*

Take three or four Kidneys, or Sweet-breads, and when they are par-boyled, mince them ſmall; ſeaſon it with a little Cinamon and Nutmeg, ſweeten it with ſugar and a little grated bread, with the Marrow of two or three Marrow-bones in good big pieces, add to theſe about a quarter of a pound of Almond-paſte, and about half a pint of *Malaga* Sack, two

ſpoonfuls

ſpoonfuls of Roſe-water, and Muſk and Amber-greece, of each a grain, with a quarter of a pint of Cream, and three or four Eggs, mix all together, and make it up in puff-paſte, then bake it; in three quarters of an hour it will be enough.

198. *To ſtew a Rump of Beef.*

Season your Beef with ſome Nutmeg grated, together with ſome Salt and Pepper, ſeaſon it on the bony ſide, and lay it in the Pipkin with the Fat ſide downward, then take two or three great Onions, and a bunch of Roſemary, tyed up together with three pints of Elder-Vinegar, and three pints of Water, ſtew all theſe three or four hours together in a Pipkin cloſe covered over a ſoft Fire; Diſh it upon Sippets, blowing off the Fat from the Gravy, put ſome of the Gravy to the Beef, and ſerve it up.

199. *To make Portage of a Capon.*

Take Beef and Mutton, and cut it into pieces; then boyl a large Earthen pot of Water, take out half the water, put in your Meat and skim it, and when it boyls ſeaſon it with Pepper and Salt; when it hath boyled about two hours, and four or five

five Cloves, half an hour before you think it is enough, put in your Herbs, Sorrel, Purſlain, Burrage, Lettuce, and Bugloſs, or green Peaſe, and in the Winter, Parſley-roots, and white Endive, pour the broath upon light bread toaſted, and ſtew it a while in the Diſh covered. If your water conſume in boyling, fill it up with water boyling hot. The leſs there is of the broath the better it is, though it be but a porringer-ful, for then it would be as ſtiff as Jelly when it is cold.

200. *To make a Pye with Pippins.*

Pare your pippins, and cut out the cores, then make your coffin of cruſt, take a good handful of Quinces ſliced, and lay at the bottom, then lay your pippins a top, and fill the holes where the core was taken out with Syrup of Quinces, and put into every pippin a piece of Orangado then pour on the top Syrup of Quinces, then put in Sugar and ſo cloſe it up, let it be very well baked, for it will ask much ſoaking, eſpecially the Quinces.

201. *To boyl Pigeons the* Dutch *way.*

Lard, and ſet your pigeons, put them into a pipkin, with ſome ſtrong broath made

made of Knuckles of Veal, Mutton, and Beef, let them be close covered, and when they are scum'd, put in a Faggot of sweet Herbs, a handful of Capers, and a little large Mace, with a few Raisins of the Sun minced very small, about six Dates quartered, a piece of butter, with two or three yolks of hard Eggs minced, with a handful of Grapes, or barberries, then beat two yolks of Eggs with Verjuice and some white bread, a Ladle-full of sweet butter, and a grated Nutmeg, serve it upon Sippets.

202. *To make Excellent Black-Puddings.*

Beat half a score Eggs, the Yolks and Whites together very well; then take about a quart of Sheeps-blood, and as much Cream, when you have stirred all this well together, thicken it with grated bread, Oatmeal finely beaten, of each a like quantity; add to these some Marrow in little lumps, and a little Beef-suet shred small, season it with Nutmeg, Cloves, Mace, mingled with salt, a little sweet Marjoram, Thyme, and penny-royal shred very well together; mingle all together, put to them a little Currans, cleanse your Guts very well, fill them, and boyl them carefully.

203. *To*

203. *To make a Pye of Neats-Tongues.*

Par-boyl a couple of Neats-Tongues, then cut out the Meat at the Root-end as far as you can, not breaking it out at the sides; take the Meat you cut out, and mingle it with a little suet, a little Parsley, and a few sweet Herbs, cut all very small, and mingled together, season all this with Ginger, Cloves, Mace, Pepper, Salt, and a little grated bread, and as much Sugar, together with the yolks of three or four Eggs; make this up together, and season your Tongues, in-side, and out-side, with your seasoning afore-said, and wash them within with the yolk of an Egg, and force them where you cut forth the Meat, and what remains make into a forc'd; then make your Paste into the Fashion of a Neats-Tongue, and lay them in with puddings, and little balls, then put to them Lemon and Dates shred, and butter on the top, and close it, when it is baked, put in a lear of the Venison-sauce, which is Claret-wine, Vinegar, grated bread, Cinamon, Ginger, Sugar, boyl it up thick, that it may run like butter, and let it be sharp and sweet, and so serve it.

204. *To stew a Breast or Loyn of Mutton.*

Joynt either your Loyn or Breast of Mutton well, draw it, and stuff it with sweet Herbs, and Parsley minced; then put it in a deep stewing-dish with the right side downward, put to it so much White-wine and strong broath as will stew it, set it on the Coals, put to it two or three Onions, a bundle of sweet Herbs, and a little large Mace, when it is almost stewed, take a handful of Spinage, Parsley, and Endive, and put into it, or else some Gooseberries, and Grapes; in the Winter time, Samphire and Capers; add these at any time: Dish up your Mutton, and put by the Liquor you do not use, and thicken the other with yolks of Eggs and sweet butter, put on the sauce and the Herbs over the Meat; Garnish your dish with Lemon and Barberries.

205. *To make a Sallet of Green-Pease.*

Cut up as many green Pease as you think will make a Sallet, when they are newly come up, about half a Foot high; then set your Liquor over the Fire, and let

let it boyl, and then put them in, when they are boyled tender put them out, and drain them very well; then mince them, and put in ſome good ſweet butter, ſalt it, and ſtir it well together, and ſo ſerve it.

206. *To make Sallet of Fennel.*

Cut your Fennel while it is young, and about four Fingers high, tye it up in bunches like Aſparagus, gather enough for your Sallet, and put it in when your water is boyling hot, boyl it ſoft, drain it, Diſh it up with butter, as the green Peaſe.

207. *To make a Tanſie of Spinage.*

Take a quart of Cream, and about twenty Eggs without the Whites, add to it Sugar and grated Nutmeg, and colour it green with the juice of Spinage; then put it in your Diſh, and ſqueeze a Lemon or two on it; Garniſh it with ſlices of Orange, then ſtrew on ſugar, and ſo ſerve it.

208. *To make a Haſh of a Duck.*

When your Ducks are Roaſted, take all the Fleſh from the bones, and haſh it very thin, then put it into your ſtewing-pan with a little Gravy, ſtrong Broath,

and

and Claret-wine, put to it an Onion or two minced very ſmall, and a little ſmall Pepper, let all this boyl together with a little Salt, then put to them about a pound of Sauſages, when you think they are ready, ſtir them with a little butter drawn: Garniſh it with Lemon, and ſerve it.

209. To *make* French *Puffs with Green Herbs.*

Take a quantity of Endive, Parſley, and Spinage, and a little Winter-ſavoury, and when you have minced them exceeding ſmall, ſeaſon them with Sugar, Ginger, and Nutmeg; beat as many Eggs as you think will wet your Herbs, and ſo make it up; then pare a Lemon and cut it in thin ſlices, and to every ſlice of Lemon put a ſlice of your prepared ſtuff, then fry it in ſweet butter, and ſerve them in Sippets, after you have put to them either a Glaſs of Canary or White-wine.

210. To *make Excellent ſtewed Broath.*

Take a Leg of Beef, boyl it well, and ſcum it clean, then take your bread and ſlice it, and lay it to ſoak in your broath, then run it through a ſtrainer, and put as much into your broath as will thicken it;

when it hath boyled a pretty while, put in your Pruans, Raisins, and Currans, with Cinamon, Cloves, and Mace beaten: when your Pruans are boyled, take them up, and run them also through a strainer, as you did the bread, then put in half a pint of Claret, then let it boyl very well, and when it is ready, put to it Rose-water and Sugar, and so serve it.

211. *To stew a Dish of Breams.*

Take your Breams and dress them; and dry them well, and salt them; then make a Charcoal Fire, and lay them on the Gridiron over the Fire being very hot; let them be indifferent brown on both sides, then put a Glass of Claret into a Pewter dish, and set it over the Fire to boyl, put into it two or three Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small; when it hath boyled a while, put to it a little melted butter and a Nutmeg. Then dish your Bream, and pour all this upon it, and then set it again on the Fire, putting some Yolks of Eggs over it.

212. *To boyl a Mullet.*

Having ſcaled your Mullet, you muſt ſave their Livers and Roes, then put them in water boyling hot, put to them a Glaſs of Claret, a bundle of ſweet Herbs, with a little Salt and Vinegar, two or three whole Onions, and a Lemon ſliced; then take ſome whole Nutmegs and quarter them, and ſome large Mace, and ſome butter drawn with Claret, wherein diſſolve two or three Anchovies; diſh up your Fiſh, and pour on your Sauce, being firſt ſeaſoned with Salt: Garniſh your diſhes with fryed Oyſters and Bay-leaves; and thus you may ſeaſon your Liquor for boyling moſt other Fiſh.

213. *To Farce, or ſtuff a Fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillets from it, then mince a handful of ſweet Herbs, and Parſley, and the yolks of two or three hard Eggs; let all theſe be minced very ſmall, then ſeaſon it with a couple of grated Nutmegs, and a little Salt, and ſo Farce, or ſtuff your Veal with it, then Lard it with Bacon and Thyme very well, then let it be Roaſted, and when it is almoſt enough, take ſome

of

when it hath boyled a pretty while, put in your Pruans, Raisins, and Currans, with Cinamon, Cloves, and Mace beaten: when your Pruans are boyled, take them up, and run them also through a strainer, as you did the bread, then put in half a pint of Claret, then let it boyl very well, and when it is ready, put to it Rose-water and Sugar, and so serve it.

211. *To stew a Dish of Breams.*

Take your Breams and dress them; and dry them well, and salt them; then make a Charcoal Fire, and lay them on the Grid-iron over the Fire being very hot; let them be indifferent brown on both sides, then put a Glass of Claret into a Pewter dish, and set it over the Fire to boyl, put into it two or three Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small; when it hath boyled a while, put to it a little melted butter and a Nutmeg. Then dish your Bream, and pour all this upon it, and then set it again on the Fire, putting some Yolks of Eggs over it.

212. *To boyl a Mullet.*

Having ſcalled your Mullet, you muſt ſave their Livers and Roes, then put them in water boyling hot, put to them a Glaſs of Claret, a bundle of ſweet Herbs, with a little Salt and Vinegar, two or three whole Onions, and a Lemon ſliced; then take ſome whole Nutmegs and quarter them, and ſome large Mace, and ſome butter drawn with Claret, wherein diſſolve two or three Anchovies; diſh up your Fiſh, and pour on your Sauce, being firſt ſeaſoned with Salt: Garniſh your diſhes with fryed Oyſters and Bay-leaves; and thus you may ſeaſon your Liquor for boyling moſt other Fiſh.

213. *To Farce, or ſtuff a Fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillets from it, then mince a handful of ſweet Herbs, and Parſley, and the yolks of two or three hard Eggs; let all theſe be minced very ſmall, then ſeaſon it with a couple of grated Nutmegs, and a little Salt, and ſo Farce, or ſtuff your Veal with it, then Lard it with Bacon and Thyme very well, then let it be Roaſted, and when it is almoſt enough, take ſome

of

of your ſtuffing about a handful, and as many Currans, and put theſe to a little ſtrong broath, a Glaſs of Claret, and a little Vinegar, a little Sugar, and ſome Mace; when your Meat is almoſt ready, take it up and put it into this, and let it ſtew, putting to it a little butter melted, put your Meat in your Diſh, and pour your Sauce upon it, and ſerve it.

214. *To make a Pudding of Oatmeal.*

Take a quart of Milk and boyl it in a Skillet, put to it a good handful of Oatmeal beat very ſmall, with a ſtick or two of Cinamon, and Mace; put in this Oatmeal as much as will thicken it, before the Milk be hot, then keep it ſtiring, and let it boyl for about half an hour, putting into it a handful of Beef-ſuet minced very ſmall, then take it off, and pour it into a Diſh, and let it ſtand to cool, if it be too thick, put to more Milk, then put in a Nutmeg grated, a handful of Sugar; with three or four Eggs beaten, and ſome Roſes water, then rub the Diſh within with butter, and pour out your Pudding into it, let it be as thin as batter, let it bake half an hour, ſcrape ſugar on it, & ſerve it up.

215. *To*

215. *To make a Pudding of Rice.*

Take a good handful of Rice beaten ſmall, and put it into about three pints of Milk, adding a little Mace, and Cinamon, then boyl it, keeping it always ſtirring, till it grow thick, then put a piece of butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about half a ſcore Eggs, throwing away two or three of the whites, put in ſome ſalt, butter the bottom of your Diſh, pour in your Pudding, bake it as before, put on a little Roſe-water and ſugar, and ſerve it.

216. *To make a Florentine of Spinage.*

Take a good quantity of Spinage, to the quantity of two Gallons, ſet your water over the Fire, and when it boyls very high, put in your Spinage, and let it remain in a little while, then put it out into a ſtrainer, and let it drain very well, and ſqueeze out all the water, then take it and mince it ſmall with a Candyed Orange-peel or two, add to it about three quarters of Currans boyled alſo, ſeaſon it

with

with Salt, Ginger beaten, Cinamon, and Nutmeg; then lay your Paſte thin in a diſh, and put it in, adding butter and ſugar, cloſe it up, prick it with holes, and bake it, when it is nigh baked, put into it a Glaſs of Sack, and a little melted butter and Vinegar, ſtir it together with your Knife, ſcrape Sugar upon it and ſerve it.

217. *To make a Tanſey of Cowſlips.*

Take your Cowſlips or Violets, and pound them in a wooden or Marble Mortar, put to them about twelve Eggs, with three or four of the Whites taken out, about a pint of Cream, a quartern of white Sugar, Cinamon beaten ſmall, Nutmeg, and about a handful of grated bread, with a little Roſe-water, then take all theſe together, and put them in a skillet with a little butter, and ſet them over the Fire, ſtirring it till it grow thick; then put your Frying-pan on the Fire, and when it is hot, put ſome butter into it, and then put in your Tanſey; when you think it enough of one ſide, butter a Pewter Plate, and turn it therewith, when it is Fryed, ſqueeze on a Lemon, ſcrape on Sugar, Garniſh it with Oranges quartered, and ſerve it.

218. *To make Excellent white Puddings.*

Take the Humbles of a Hog, and boyl them very tender, then take the Heart, the Lights, and all the Flesh about them, picking them clean from all the Sinewy skins, and then chop the Meat as small as you can, then take the Liver, and boyl it hard, and grate a little grated Nutmeg, Cinamon, Cloves, Mace, Sugar, and a few Carraway-seeds, with the Yolks of four or five Eggs, and about a pint of the best Cream, a Glass of Canary, and a little Rose-water, with a good quantity of Hogs-suet, and salt; make all into Rouls, and let it lye about an hour and half before you put it in the Guts, laying the guts asleep in Rose-water before, boyl them, and have a care of breaking them,

219. *To stew Flounders.*

Draw your Flounders, and wash them, and scorch them on the white side, being put in a Dish, put to them a little White-wine, a few minced Oysters, some whole Pepper, and sliced Ginger, a few sweet Herbs, two or three Onions quartered, and Salt; put all these into your stewing-

pan covered close, and let them stew as soon as you can, then dish them on Sippets; then take some of the Liquor they were stewed in, put some butter to it, and the Yolk of an Egg beaten, and pour it on the Flounders; garnish it with Lemon, and Ginger beaten on the brims of the Dish.

220. *To draw Butter for Sauce.*

Cut your butter into thin slices, put it into your dish, let it melt leisurely upon the Coals, being often stirred; and after it is melted, put to it a little Vinegar, or fair water, which you will, beat it up till it be thick, if it keep its colour white, it is good, but if yellow and turn'd, it is not to be used.

221. *To Roast a Salmon whole.*

Draw your Salmon at the gills, and after it is scaled, washt, and dry'd, Lard it with pickled Herring, or a fat Eel salted; then take about a pint of Oysters parboyled, put to these a few sweet Herbs, some grated bread, about half a dozen hard Eggs, with a couple of Onions; shred

ſhred all theſe very ſmall, and put to it Ginger, Nutmeg, Salt, Pepper, Cloves, and Mace; mix theſe together, and put them all within the Salmon at the gills: put them into the Oven in an Earthen pan, born up with pieces of Wood, in the bottom of the diſh, put Claret-wine, and baſte your Salmon very well over with butter before you put it in the Oven; when it is drawn, make your Sauce of the Liquor that is in the pan, and ſome of the ſpawn of the Salmon boyled with ſome melted butter on the top; ſtick him about with Toaſts and Bay-leaves fryed, take out the Oyſters from within, and garniſh the Diſh therewith.

222. *To make Excellent Sauce for Mutton, either Chines, Legs, or Necks.*

Take half a dozen Onions ſhred very ſmall, a little ſtrong broath, and a glaſs of White-wine; boyl all theſe well together; then take half a pint of Oyſters, and mince them with a little Parſley, and two or three ſmall bunches of Grapes if in ſeaſon, with a Nutmeg ſliced, and the yolks of two or three Eggs; put in all theſe together with the former, and boyl

it, and pour it all over your Meat, and then pour ſome melted butter on the top, and ſtrew on the Yolks of two or three hard Eggs minced ſmall.

223. *Another good Sauce for Mutton.*

Take a handful of pickled Cucumbers, as many Capers, and as much Samphire; put them into a little Verjuice, White-wine, and a little ſtrong broath, and a Lemon cut in ſmall pieces, and a little Nutmeg grated; let them boyl together, and then beat them up thick, with a Ladle-ful of butter melted, and a couple of Yolks of Eggs, and a little Sugar; Diſh your Meat upon Sippets, pour on your ſauce, and garniſh it with Samphire, Capers, and Barberries.

224. *To make Sauce for Turkies, or Capons.*

Take a two-penny white-loaf, and lay it a ſoaking in ſtrong broth, with Onions ſliced therein, then boyl it in Gravy, together with a Lemon cut in ſmall pieces, a little Nutmeg ſliced, and ſome melted, put this under your Turky, or Capon, and ſo ſerve it; you will find it Excellent Sauce.

225. *To*

225. *To Starch Tiffanys or Lawns.*

You muſt Soap your Tiffany on the Hems or Laces only with brown Soap, then waſh them very well in three Lathers pretty hot, and let your laſt Lather be made thin of the Soap, do not rince them nor wring them hard, then dry them over Brimſtone, and keep them all the time from the Air, for that will ſpoil them, then make your Starch of a reaſonable thickneſs, and blew it as you pleaſe, and to a quarter of a pound of Starch, put as much Allum as a Hazle-Nut, boyl it very well and ſtrain it, and while it is hot, wet your Tiffanys with it very well and lay them in a Cloath to keep them from dying, then with your hands clean and dry them, then hold your Tiffany to a good Fire till they be through hot, then clap them and rub them between your hands from the Fire till you ſee they be very clear, then ſhape them by a piece of Paper, cut out by them before they are waſhed, and Iron them with a good hot Iron, and then they will look Glofſy like new Tiffany. And ſo you alſo Starch Lawns, only remember to Iron them upon a cloath wetted and wrung out again,

and turned on the wrong ſide, and inſtead of Starch, you may ſometimes uſe Gum-Arabick in water, and when it is diſſolved, wet the Lawns in that inſtead of Starch, and hold them to the Fire as aforeſaid, clapping and rubbing them till they are very clear.

226. *To make Clean Gold and Silver Lace.*

You muſt pull off your Lace from your Garment, and being laid on a clean Table, take a little burnt Allum beaten very fine, and with a ſmall bruſh rub it all over very well till you find it comes to its colour, then ſhake it, and wipe it very well over often times with a clean Linnen cloath.

227. *To Cleanſe all ſorts of Silver Plate.*

Waſh your Plate in Sope-ſuds, and dry it very well, and if any ſpots remain, take Salt and Vinegar and rub them out, then daub your Plate all over with Chalk and Vinegar and lay it before the Fire, or in the Sun to dry, then rub it off with warm Linnen Cloaths very well, and it will look like new.

228. *To wash Silk Stockings.*

Make a ſtrong Lather with Sope, and pretty hot, then lay your ſtockings on a Table, and take a piece of ſuch Cloath as the Sea-men uſe for their Sails, double it up, and rub them ſoundly with it, turn them firſt on one ſide and then on the other till they have paſſed through 3 Lathers, then rince them well and hang them to dry with the wrong ſide outwards, and when they are near dry pluck them out with your hands, and ſmooth them with an Iron on the wrong ſide.

229. *To make clean Points and Laces.*

Take new white-bread and pare off the Cruſt, then lay your Point upon a clean Cloath on the Table, and rub the white-bread all over upon them, and afterward rub it over again with a ſmall clean bruſh and the crums of Bread, till you have rub'd it very clean, then cleanſe it from the bread, and gently ſlap it over with a clean Linnen Cloath; in the ſame manner you may take off the Soil from Tabby, Taffety, or white Sattin, or any other coloured, if it be not to much ſoil'd and greaſy.

230. *To get Ink Spots out of Linnen.*

As ſoon as any ſuch accident happens, lay it immediately in Urine, and there let it lye all night, and the next day waſh it out of the Urine, and put it in freſh Urine, and the next day waſh it out again, and in ſo doing two or three times, you will find the Spots and Stains quite gone.

231. *To take Spots of Greaſe out of Silk, Stuff, or Cloath.*

Wet a Linnen rag in fair Water and then put a dive Wooden, or Seacole upon it, and cloſe it up about the cole, and preſently lay it upon the greaſy Spot whilſt it is ſmoaking hot, and when you perceive it to cool, do ſo again till the Spots are taken out.

232. *To take away the Stains of Linnen Cloth, cauſed by any ſort of Fruit.*

Take any of your Garments ſo ſtained before they are waſhed, and rub every ſpot thereof very well with a little butter, then let it lye a little while in ſcalding hot Milk, and when it is cooled, rub the ſpotted places in the Milk till they are quite out, and then waſh it out with water and ſoap.

233. To

233. *To wash white Sarsenet.*

First take your Sarsenet and spread it very smooth and streight upon a board, and spread Sope upon those places that are soyled, and afterwards take a hard brush that is small and dip it in water, and make an indifferent thick Lather, and with the brush rub your Sarsuet well with it the right way of the Silk, and when one side is well washt, wash the other also, then make a clean Lather scalding hot, and put in your Hoods double into it, and cover it up, and so fast as you wash them into it, give them three good washes upon the board, and after the first Lather, let the rest be very hot, and cast them in a scald every time, then make up a scalding hot water, and after you have steeped some water of Gum-Arabick, put it therein, adding thereunto some smalt to blue it a little, let the hoods be doubled up therein, and close covered for an hour, and when you take them out, dip them very well all over, and fold them up in a very small Compass, and smooth them very well between your hands till they be more then dry, after you have smoothed them over Brimstone, then smooth them with

hot Irons the way you washed them, and upon the right side of the Sarsnet.

234. *To wash black Sarsnets.*

Wash them the same way with the other, only rince them in small Beer without any Gum, and Iron them upon a Woollen Cloath on the wrong side.

235. *To wash Coulour'd Silk.*

They must be washt the same way with the white Sarsnet, only you must not use any blew with them, neither must you smoak them over Brimstone, but in all things else you must do as in the White Sarsnet.

236. *To Embroider Belts, Bodices, or Petticoats.*

Get your Pattern drawn, and then form it about with what you like best, black Gimp or other, and fill up the under parts and leaves with Saxen-stich, some light and some darker, and let the upper parts and Seeds of Flowers be done with high work, as purple stich or others, and let the

the ſtalks be all alike with a great Gimp twiſted, you may make your Flowers of what Fancy you pleaſe in Shaddows, and being well ſhaddowed they will appear very Natural.

237. *To waſh and Starch Points.*

You muſt firſt put your Points into a Tent, then take very good Sope and make a ſtrong Lather therewith, then take a ſmall bruſh and dip it therein, and therewith rub your Point very well on both ſides, and continue ſo to do till you have waſhed it in four Lathers, and then waſh it in fair water only, and afterwards in blew water, and then take ſome ſtarch that is made thin with water, and waſh it over on the wrong ſide with your bruſh, and ſo let it dry, then lay it upon a Table, and with an Ivory Bodkin made for that Purpoſe, open it in the cloſeſt and narroweſt parts thereof, dan open the Gimp, and Overcaſt, and alſo all the Net-holes, and when they are thus opened you muſt Iron them on the wrong ſide, but be ſure your water be warm that you make your Lather with, and let not your water with which you waſh them be too blew.

238. *To fry Salmon.*

Take a Jole, Chine, or Rand, and fry it in Clarified butter, when it is ſtiff and criſp fryed, make ſauce thereof with a little Claret-wine, ſweet butter, grated Nutmeg, ſlices of Orange, and Oyſter Liquor, ſtew them altogether, and pour on the ſauce, and on that parſley, Aliſaunder, and Sage-leaves fryed in butter.

A

Becauſe

Becauſe many Books of this Nature have the Terms of Carving added to them, as being neceſſary for the more proper Nominating of things; I have thought good alſo to add them: As alſo ſome Bills of Fare, both upon Ordinary, and Extraordinary Occaſions.

Terms of Carving both Fiſh, Fowl, and Fleſh.

Allay a Pheaſant.
Barb a Lobſter.
Border a Paſty.
Break a Deer or Egript.
Break a Sarcel, or Teal.
Chine a Salmon.
Culpon a Trout.
Mince that Plover,
Rear that Gooſe.
Sauce a Capon, or Tench.
Cut up a Turky, or Buſtard.
Diſmember that Heron.
Diſplay that Crane.
Diſtigure that Peacock.
Fin that Chevin.
Leach that Brawn.
Lift that Swan.
Timber the Fire.
Tire an Egg.
Tranch that Sturgeon.

Sauce

Sauce a Plaice, or Flounder.
Side that Haddock.
Splay that Bream.
Splat that Pike.
Spoil that Hen.
String that Lamprey.
Tame a Crab.
Thigh a Pigeon, and Woodcock, and all manner of ſmall Birds.
Tranſon that Eel.
Truſs that Chicken.
Tusk a Barbel.
Unbrace a Mallard.
Under-tench a Porpuſs.
Unjoynt a Bittern.
Unlace a Coney.
Untach that Curlew.
Untach that Brew.

Particular

Particular Directions how to Carve according to the Former Terms of Carving.

Unlace that Coney.

LAY your Coney on the back, and cut away the Vents, then raiſe the Wings, and the ſides, and lay the Carkaſs and ſides together; then put to your ſauce, with a little beaten Ginger and Vinegar.

Thigh a Woodcock.

Raiſe the Legs and Wings of the Woodcock, as you would do of a Hen, then take out the brains, and no other ſauce but ſalt.

Allay a Pheaſant.

Raiſe the Leggs and Wings of the Pheaſant, as of a Woodcock, as alſo of a Snite, and a Plover, and only ſalt.

Diſplay a Crane.

Unfold the Legs of the Crane, and cut off his Wings by the Joynts; then take up

up his Wings and Legs, and make ſauce of Muſtard, Salt, Vinegar, and a little beaten Ginger.

To cut up a Turkey.

Raiſe up the Leg very fair, and open the Joynt with the point of your Knife, but cut it not off, then lace down the Breaſt with the point of your knife, and open the breaſt Pinion, but take it not off, then raiſe up the Merry thought betwixt the breaſt-bone and the top, then lace down the fleſh on both ſides the breaſt-bone, and raiſe up the Fleſh, called the brawn, and turn it outward upon both ſides, but break it not, nor cut it off, then cut off the Wing-pinions at the joynt next the Body, and ſtick in each ſide the Pinion in the place you turned out the Brawn, but cut off the ſharp end of the pinion, and take the middle piece, and that will fit juſt in the place; you may cut up a Capon or pheaſant the ſame way.

Break a Sarcel, or Teal, or Egrip.

Raiſe the Legs and Wings of the Teal, and no ſauce but ſalt.

Wing-

Wing a Patridge, or Quail.

Raiſe his Legs and Wings, as of a Hen, and if you mince him, make ſauce with a little White-wine, and a little beaten ginger, keeping him warm upon a Chafing-diſh of Coals till you ſerve him.

To untach a Curlew, or Brew.

Take either of them, and Raiſe their Legs, as before, and no ſauce but ſalt.

To Unbrace a Mallard.

Raiſe up the pinion and leggs, but take them not off, and raiſe the Merry-thought from the breaſt, and lace down each ſide with your Knife, waving it to and fro.

To Sauce a Capon.

Liſt up the Right Leg of the Capon, and alſo the Right Wing, and ſo lay it in the Diſh in the poſture of flying, and ſo ſerve them; but remember, that Capons and Chickens be only one ſauce, and Chickens muſt have green ſauce or Verjuice.

Bills of Fare for all times of the Year; and alſo for Extraordinary Occaſions.

A Bill of Fare for the Spring Seaſon.

1. A Collar of Brawn and Muſtard.
2. A Neats-Tongue and Udder.
3. Boyled Chickens.
4. Green Geeſe.
5. A Lumbard-Pye.
6. A Diſh of Young Rabbits.

Second Courſe.

1. A Haunch of Veniſon.
2. Veal Roaſted.
3. A Diſh of Soles, or Smelts.
4. A Diſh of Aſparagus.
5. Tanſie.
6. Tarts and Cuſtards.

A Bill of Fare for Midſomer.

1. A Neats-Tongue and Colliflowers.
2. A Fore Quarter of Lamb.
3. A Chicken-pye.
4. Boyled Pigeons.
5. A Couple of Stewed Rabbits.
6. A Breaſt of Veal Roaſted.

1. *A*

Second Courſe.

1. An Artichoak-Pye.
2. A Veniſon-Paſty.
3. Lobſters and Salmon.
4. A Diſh of Peaſe.
5. A Gooſeberry-Tart.
6. A Diſh of Strawberries.

A Bill of Fare for Autumn, or Harveſt.

1. A Capon and white Broath.
2. A *Weſtphalia* Ham, with Pigeons.
3. A Grand Sallet.
4. A Neats-Tongue and Udder Roaſted.
5. A Powdered Gooſe.
6 A Turkey Roaſted.

Second Courſe.

1. A Potato, or Chicken-Pye.
2. Roaſted Partridges,
3. Larks and Chickens.
4. A Made Diſh.
5. A Warden-Pye, or Tart.
6. Cuſtards.

A Bill of Fare for Winter Season.

1. A Collar of Brawn.
2. A Lambs Head and white broath.
3. A Neats Tongue and Udder Roasted.
4. A Dish of Minc'd-pies.
5. A Venison, or Lamb-pie.
6. A Dish of Chickens.

Second Course.

1. A side of Lamb.
2. A Dish of Wild-Ducks.
3. A Quince-Tart.
4. A Couple of Capons Roasted.
5. A Turkey Roasted.
6. A Dish of Custards.

A Bill of Fare upon an Extraordinary Occasion.

1. A Collar of brawn.
2. A couple of pullets boyled.
3. A bisk of Fish.
4. A Dish of Carps.
5. A grand boyled Meat.
6. A grand Sallet.
7. A Venison pasty.
8. A roasted Turkey,
9. Fat pig.
10. A powdered goose.

11. A Haunch of Veniſon Roaſted.
12. A Neats-Tongue and Udder Roaſted.
13. A *Weſtphalia* Ham boyled.
14. A Joll of Salmon.
15. Minced-pies.
16. A Sur-loyn of Roaſt beef.
17. Cold baked Meats.
18. A diſh of cuſtards.

Second Courſe.

1. Jellies of all ſorts.
2. A diſh of pheaſants.
3. A pike boyled.
4. An Oyſter-pye.
5. A diſh of Plovers.
6. A diſh of Larks.
7. A Joll of Sturgeon.
8. A couple of Lobſters.
9. A Lumber-pye.
10. A couple of Capons.
11. A diſh of patridges.
12. A Fricacy of Fowls.
13. A diſh of VVild-ducks.
14. A diſh of cram'd Chickens.
15. A diſh of ſtewed Oyſters.
16. A Marchpane.
17. A diſh of Fruits.
18. A diſh of Tarts.

A Bill of Fare for Fiſh-days.

1. A Diſh of Butter and Eggs.
2. A Barrel of Oyſters.
3. A Pike boyled.
4. A ſtewed Carp.
5. An Eel-Pye.
6. A Pole of Ling.
7. A Diſh of green Fiſh buttered with Eggs.
8. A Diſh of ſtewed Oyſters.
9. A Spinage Sallet boyled.
10. A Diſh of Soles.
11. A Joll of Freſh Salmon.
12. A Diſh of Smelts Fry'd.

Second Courſe.

1. A Couple of Lobſters.
2. A Roaſted Spitchcock.
3. A Diſh of Anchovies.
4. Freſh Cod.
5. A Bream Roaſted.
6. A Diſh of Trouts.
7. A Diſh of Plaice boyled.
8. A Diſh of Perches.
9. A Carp Farced.
10. A Potato-Pye.
11. A Diſh of Prawns buttered.
12. Tenches with ſhort broath.

13. A Diſh of Turbut.
14. A Diſh of Eel-pouts.
15. A Sturgeon with ſhort broath.
16. A Diſh of Tarts and Cuſtards.

A Bill of Fare for a Gentlemans Houſe about Candlemas.

1: A Pottage with a Hen.
2. A *Chatham*-pudding.
3. A Fricacie of Chickens.
4. A Leg of Mutton with a Sallet.
Garniſh your Diſhes with Barberries.

Second Courſe.

1. A Chine of Mutton.
2. A Chine of Veal.
3. A Lark-pye.
4. A Couple of Pullets, one Larded, Garniſhed with Orange-ſlices.

Third Courſe.

1. A Diſh of Woodcocks.
2. A Couple of Rabbits.
3. A Diſh of Aſparagus.
4. A *Weſtphalia Gammon.*

Laſt Courſe.

1. Two Orange-Tarts, one with Herbs.
2. A Bacon-Tart.

3. An

3. An Apple-Tart.
4. A Diſh of Bon-Chriteen-Peats.
5. A Diſh of Pippins.
6. A Diſh of Pearmains.

A Banquet for the ſame Seaſon.

1. A Diſh of Apricots.
2. A Diſh of Marmalade of Pippins.
3. A Diſh of preſerved Cherries.
4. A whole red Quince.
5. A Diſh of dryed Sweet-meats.

FINIS.

BRITISH 23JY73 MUSEUM

The Table to the Art of Preserving, Conserving, and Candying.

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Aug
1991

Deacidification MAG-BI-CARB

Lamination 8½ G.S.M. TISSUE

Solvents

Leather Treatment

Adhesives STARCH PASTE (CON
ANIMAL glue

Remarks